



# FIT GUIDE

**LANDS' END**

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# GIRLS' GUIDE TO A GREAT FIT

## How to order the right size, first try.

1. Kids grow fast, so measure your child every time you buy.
2. Remove bulky or heavy layers.
3. Begin with height, it's the best indicator to determine a child's size.
4. After height, a child's weight and/or waist measurement is the best gauge if your child needs an extended size (slim or plus).

## How do I know if my child needs an extended size?

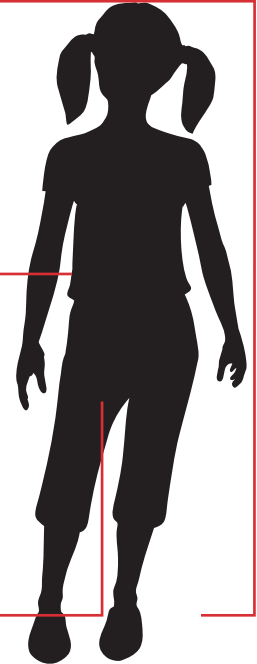
1. If you normally buy her a size 12 to fit her waist, but the inseam is always too long, she may need a 10 Plus (10+). Here's why: a 10+ will give her extra room around her waist, yet has a shorter inseam, for a better overall fit in the waist and length.
2. If you normally buy her a size 12 to fit her waist, but the inseam is always too short, she may need a 14 Slim (14S). Here's why: a 14S is slimmer through the waist, yet has a longer inseam, for a better overall fit in waist and length.

\*Be sure to compare her measurements with the size chart as she may need a different size in a slim or plus than her regular size.

Height

Waist

Inseam



## REMEMBER! Start with height.

**Height:** Child should stand in stocking feet, with feet shoulder-width apart, back to a wall. Measure from floor to crown of head.

**Waist:** Measure at the natural waistline. Have child bend to the side. Where the body curves is the natural waistline.

TODDLER			
size	2T	3T	4T
height	33-35	36-38	39-41
weight	28-30	30-33	34-38
waist	21	21½	22

LITTLE GIRL (SLIM, REG)								
size	small		medium				large	
	4S	4R	5S	5R	6S	6R	6XS	6XR
height	40-42	40-42	43-45	43-45	46-48	46-48	49-51	49-51
weight	28-32	34-38	33-37	39-43	36-42	42-48	46-52	52-58
waist	19¾	22	20¼	22½	20¾	23	21¼	23½

COED - KIDS				
size	small	medium	large	x-large
	7/8	10/12	14/16	18/20
height	47-53	57-59	63-65	68-69
weight	49-58	62-95	88-120	116-138
waist	23¾	25½	27½	29½

BIG GIRL (SLIM, REG, PLUS)																		
size	small						medium						large		large-x-large		x-large	
	7S	7R	7+	8S	8R	8+	10S	10R	10+	12S	12R	12+	14S	14R	14+	16S	16R	16+
height	49-51	49-51	49-51	52-54	52-54	52-54	55-57	55-57	55-57	58-60	58-60	58-60	61-62	61-62	61-62	62-63	62-63	62-63
weight	46-52	52-58	63-71	55-62	61-68	72-80	65-81	71-87	81-90	79-89	85-95	91-108	93-104	99-110	109-120	103-114	109-120	121-131
waist	21¼	23½	27½	22	24¼	28	23	25	28½	24	26	30½	25	28	32	26	30	34

\*All measurements are in inches and pounds

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# WOMEN'S GUIDE TO A GREAT FIT

## WOMEN'S TOPS:

Measure your bust, chest and arm.

**Bust/Chest:** Measure around the fullest part of your chest, keeping the tape parallel to the floor. (Subtract 1" if you're measuring over clothes.)

**Arm:** Place hand on hip. Start at center back of your neck, measure across the shoulder to the elbow and down to the wrist.

## WOMEN'S BOTTOMS:

Measure your waist, hips and inseam.

**Waist:** Remove your belt and bend to your side. Where your body curves is your natural waist. Measure here even if you wear your pants lower.

**Hips/Thigh:** Stand with your legs shoulder-width apart. Measure the fullest part of your hip/thigh area. (Subtract 1" if you are measuring over clothes.)

**Inseam:** Start where the insides of your legs meet and measure down the inner leg seam of your pants to your hem, or measure the inseam on your favorite pair of pants.

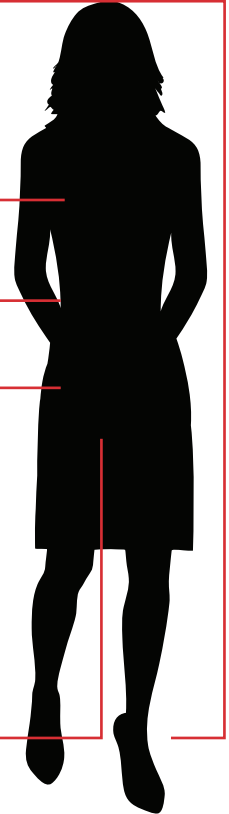
Height

Bust/Chest

Waist

Hips

Inseam



YOUNG WOMEN - JUNIORS								
size	x-small		small		medium		large	
	0	1	3	5	7	9	11	13
bust	30½	31½	32½	33½	34½	35½	37	38½
waist	25	26	27	28	29	30	31½	33
hip	34	35	36	37	38	39	40½	42
HEIGHT FOR ALL SIZES - 5'4" - 5'7"								

WOMEN'S																					
size	xx-small		x-small		small		medium		large		x-large	1X		2X		3X		4X		5X	
	00	0	2	4	6	8	10	12	14	16	18	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W
bust/ chest	31	32	33	34	35	36	37	38½	40	42	44	44	46	48	50	52	54	56	58	60	62
arm (petite)	26%	27¼	27½	28	28¾	28¾	29½	29½	29½	30¼	30%	30¼	30%	31	31%	31%	31¾	32	32½	32¾	32¾
arm (regular)	28%	29¼	29½	30	30¾	30¾	31½	31½	31¾	32¼	32%	31¾	32%	32½	32¾	33½	33¾	33½	33¾	33¾	33¾
arm (tall)	29%	30¼	30¾	31	31¾	31¾	32½	32½	32¾	33¼	33%	--	--	--	--	--	--	--	--	--	--
waist	24½-25½	25½-26½	26½-27½	27½-28½	28½-29½	29½-30½	30½-31½	32-33	33½-34½	35½-36½	37-38½	38-39	40-41	42-43	44-45	46-47	48-49	50½-51½	53½-54½	55½-56½	58-59
hip	34	35	36	37	38	39	40	41½	43	44½	46½	46	48	50	52	54	56	58	60	62	64

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# BOYS' GUIDE TO A GREAT FIT

## How to order the right size, first try.

1. Kids grow fast, so measure your child every time you buy.
2. Remove bulky or heavy layers.
3. Begin with height, it's the best indicator to determine a child's size.
4. After height, a child's weight and/or waist measurement is the best gauge if your child needs an extended size (slim or husky).

## How do I know if my child needs an extended size?

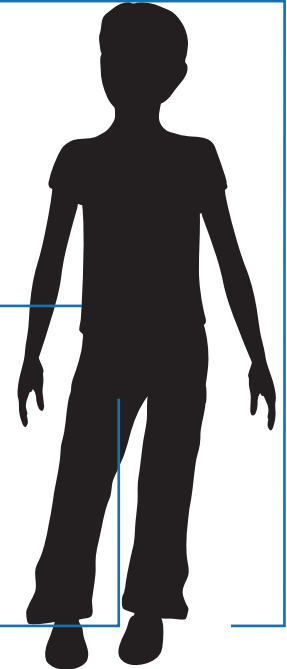
1. If you normally buy him a size 12 to fit his waist, but the inseam is always too long, he may need a 10 Husky (10H). Here's why: a 10H will give him extra room around his waist, yet has a shorter inseam, for a better overall fit in the waist and length.
2. If you normally buy him a size 12 to fit his waist, but the inseam is always too short, he may need a 14 Slim (14S). Here's why: a 14S is slimmer through the waist, yet has a longer inseam, for a better overall fit in the waist and length.

\*Be sure to compare his measurements with the size chart as he may need a different size in a slim or husky than his regular size.

Height

Waist

Inseam



## REMEMBER! Start with height.

**Height:** Child should stand in stocking feet, with feet shoulder-width apart, back to a wall. Measure from floor to crown of head.

**Waist:** Measure at the natural waistline. Have child bend to the side. Where the body curves is the natural waistline.

TODDLER			
size	2T	3T	4T
height	33-35	36-38	39-41
weight	28-30	30-33	34-38
waist	21	21½	22

LITTLE BOY (SLIM, REG)								
size	small		medium				large	
	4S	4R	5S	5R	6S	6R	7S	7R
height	40-42	40-42	43-45	43-45	46-47	46-47	47-49	47-49
weight	28-32	34-38	33-37	39-43	36-42	42-48	42-47	49-54
waist	19¼	22	20¼	22½	20¾	23	21¼	23½

BIG BOY (SLIM, REG, HUSKY)									
size	small		medium						
	8S	8R	8H	10S	10R	10H	12S	12R	12H
height	50-53	50-53	50-53	53-56	53-56	53-56	57-59	57-59	57-59
weight	47-58	59-61	62-75	59-71	62-73	76-90	72-83	74-87	91-105
waist	21½	23¾	25½	22½	24½	26½	23½	25½	27½

BIG BOY (SLIM, REG, HUSKY)												
size	large						x-large					
	14S	14R	14H	16S	16R	16H	18S	18R	18H	20S	20R	20H
height	60-62	60-62	60-62	63-65	63-65	63-65	66-67	66-67	66-67	68-69	68-69	68-69
weight	84-96	88-100	106-119	97-109	101-115	120-134	110-122	116-126	135-148	123-135	127-138	149-161
waist	24½	26½	29	25½	27½	30	26½	28½	31	28½	29½	32

COED - KIDS				
size	small	medium	large	x-large
	7/8	10/12	14/16	18/20
height	47-53	57-59	63-65	68-69
weight	49-58	62-95	88-120	116-138
waist	23¾	25½	27½	29½

\*All measurements are in inches and pounds

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# MEN'S GUIDE TO A GREAT FIT

## MEN'S SHIRTS/BLAZERS

**Neck:** Measure around midpoint of the neck. Put a finger inside the tape when measuring to allow for a comfortable fit.

**Chest:** Measure around the fullest part of your chest, keeping the tape parallel to the floor. (Subtract 1" if you are measuring over clothes.)

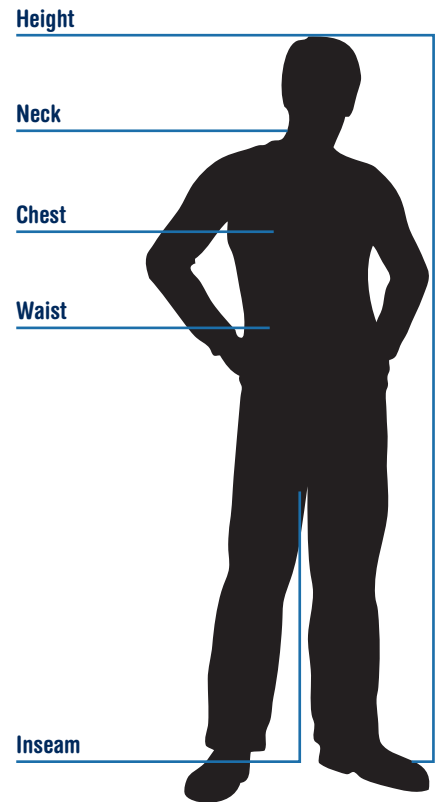
**Arm:** Place hand on hip. Start at center back of your neck, measure across the shoulder to the elbow and down to the wrist.

**Sport Shirt/Blazer size range:** Use your chest and arm measurements to determine which size range to order.

## MEN'S PANTS

**Waist:** Remove your belt and bend to your side. Where your body curves is your natural waist. Measure here even if you wear your pants lower. (Subtract 1" if you are measuring over clothes.)

**Pants Length (Inseam):** Start where the insides of your legs meet and measure down the inner leg seam of your pants to your hem, or measure the inseam on your favorite pair of pants.



YOUNG MEN'S						
size	x-small	small			medium	
	27	28	29	30	31	32
waist	27	28	29	30	31	32
hip	34	35	36	37	38	39
HEIGHT FOR ALL SIZES - 5'6" - 6'						

MEN'S																			
size	x-small	small		medium		large		x-large		xx-large		2XL		3XL		4XL		5XL	
neck	13½	14	14½	15	15½	16	16½	17	17½	18	18½	18	18½	19	19½	20	20½	21	21½
chest	33	34	36	38	40	42	44	46	48	50	52	50	52	54	56	58	60	62	64
arm (regular)	32	32½	33	33½	34	34½	35	35½	36	36½	36½	35	35½	36	36½	37	37½	38	38½
arm (tall)	33½	34	34½	35	35½	36	36½	37	37½	38	38	36½	37	37½	38	38½	39	39½	40
waist (regular)	27	28	30	32	34	36	38	40	42	44	46	46	48	50	52	54	56	58	60

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