

Section 2

Size Charts

This page has been left blank intentionally

Body Measurement Size Charts

2.1.1 Infant's 00000 – 2 Body Measurements

All measurements are in centimetres

Area of measurement		Size 00000 Prem	Size 0000 Newborn	Size 000 3 mths	Size 00 6 mths	Size 0 12mths	Size 1 18mths	Size 2 24mths
Height		50	56	62	68	76	84	92
To Fit Mass – Kg		2	4	6	8	10	12	-
1	Chest Circumference	38	41	44	47	50	53	56
2	Waist Circumference	38	41	44	47	50	52	54
3	Hip Circumference	39	42	45	48	51	53	56
4	Thigh Circumference	25	26	27	28	29	30	31
5	Neck Circumference (at base)	21	22	23	24	25	26	27
6	Head Circumference	38	42	44	46	48	49	50
7	Shoulder Breadth	18	19	20	21	22	23	24
8	Armhole Circumference	18	19	20	21	22	23	24
9	Upper Arm Circumference	15	15.5	16	16.5	17	17.5	18
10	Wrist Circumference	11	12	12	12	13	13	13
11	Cervical to Wrist (elbow slightly bent)	21	24	27	30	33	37	42
12	Shoulder Point to Wrist	12	14.5	17	19.5	22	25.5	30
13	Cervical Height	35	41	47	53	60	67	74
14	Cervical to Waist	14	15	16	17	19	21	23
15	Cervical to Hip	18	20	22	24	27	30	33
16	Waist Height	21	26	31	36	41	46	52
17	Ankle Circumference	13.5	14	14.5	15	15.5	16	16.5
18	Waist to Knee	12	15	18	21	24	27	30
19	Knee Circumference	16	17	18	19	20	21	22
20	Front Crotch Length (Body) (With nappy)	12.5 (15.5)	13.5 (16.5)	14.5 (17.5)	15.5 (18.5)	16.5 (19.5)	18 (21)	19.5 (22.5)
21	Back Crotch Length (Body) (With nappy)	15.5 (18.5)	16.5 (19.5)	17.5 (20.5)	18.5 (21.5)	19.5 (22.5)	21 (24)	22.5 (25.5)
22	Inleg / Crotch Height	12	16	20	24	28	32	36
23	Vertical Trunk	54	60	66	72	78	84	90

2.1.2 Children's 1 – 7 Body Measurements

All measurements are in centimetres

Area of measurement		Size 1 18mths	Size 2 24mths	Size 3	Size 4	Size 5	Size 6	Size 7
Height		84	92	100	108	115	120	125
To Fit Chest		-	56	58	60	62	64	66
To Fit Waist		-	54	55	56	57	58	59
To Fit Hip		-	56	59	62	64	66	68
1	Chest Circumference	53	56	58	60	62	64	66
2	Waist Circumference	52	54	55	56	57	58	59
3	Hip Circumference	53	56	59	62	64	66	68
4	Thigh Circumference	30	31	32	33	34.5	36	37.5
5	Neck Circumference (at base)	26	27	27	28	29	30	31
6	Head Circumference	49	50	50	52	52	53	54
7	Shoulder Breadth	23	24	26	27	28	29	30
8	Back Width at ½ Armhole	22	23	24	25	26	27	27.5
9	Armhole Circumference	23	24	25.5	27	28	29	30
10	Upper Arm Circumference	17.5	18	18	19	19.5	20	20.5
11	Wrist Circumference	13	13	14	14.5	15	15.5	16
12	Cervical to Wrist (elbow slightly bent)	37	42	45.5	49	52.5	56	58.5
13	Shoulder Point to Wrist	25.5	30	32.5	35.5	38.5	41.5	43.5
14	Cervical Height	67	74	82	89	95	100	105
15	Cervical to Waist	21	23	25	26	27	28	29
16	Cervical to Hip	30	33	36	38	40	42	44
17	Waist Height	46	52	58	64	69	73	77
18	Ankle Circumference	16	16.5	17	17.5	18	18.5	19
19	Waist to Knee	27	30	33	36	39	41	43
20	Knee Circumference	21	22	23	24	25	26	27
21	Total Crotch Length (Body)	39	42	44	46	49	51	53
22	Front Crotch Length (Body) (With nappy sizes 1 and 2)	18 (21)	19.5 (22.5)	20.5	21.5	23	24	25
23	Back Crotch Length (Body) (With nappy sizes 1 and 2)	21 (24)	22.5 (25.5)	23.5	24.5	26	27	28
24	Inleg / Crotch Height	32	36	40	45	49	52	55
25	Vertical Trunk	84	90	95	100	104	108	113

2.1.3 Girl's 8 – 16 Body Measurements

All measurements are in centimetres

Area of measurement		Size 8	Size 10	Size 12	Size 14	Size 16
Height		130	140	150	160	165
To Fit Chest		68	74	80	86	90
To Fit Waist		60	62	64	66	70
To Fit Hip		72	78	84	90	95
1	Chest Circumference	68	74	80	86	90
2	Waist Circumference	60	62	64	66	70
3	Hip Circumference	72	78	84	90	95
4	Thigh Circumference	40	44	48	52	56
5	Neck Circumference (at base)	32	34	35	36	38
6	Head Circumference	53	54	54	55	55
7	Shoulder Breadth	33.5	35	36.5	38	39.5
8	Back Width at ½ armhole	28	30	32	34	35
9	Armhole Circumference	30	32	35	38	40
10	Upper Arm Circumference	21	22	24	26	28
11	Wrist Circumference	15	16	16.5	17	17.5
12	Cervical to Wrist (elbow slightly bent)	61	66	71	76	78
13	Shoulder point to Wrist	44.25	48.5	52.75	57	58.25
14	Cervical Height	109	118	128	137	142
15	Cervical to Waist	29	31	34	37	40
16	Cervical to Hip	45	49	53	57	61
17	Waist Height	81	89	96	102	104
18	Ankle Circumference	19.5	20.5	21	21.5	22
19	Waist to knee	45	49	54	58	59
20	Knee Circumference	29	32	33.5	35	36.5
21	Total Crotch Length	56	60	64	68	71
22	Front Crotch Length	26	28	30	32	33.5
23	Back Crotch Length	30	32	34	36	37.5
24	Inleg / Crotch Height	58	64	70	75	76
25	Vertical Trunk	116	124	134	144	152

2.1.4 Boy's 8 – 16 Body Measurements

All measurements are in centimetres

Area of measurement		Size 8	Size 10	Size 12	Size 14	Size 16
Height		130	140	150	160	170
To Fit Chest		68	72	76	80	86
To Fit Waist		60	64	68	72	76
To Fit Hip		70	74	78	84	90
1	Chest Circumference	68	72	76	80	86
2	Waist Circumference	60	64	68	72	76
4	Hip Circumference	70	74	78	84	90
5	Thigh Circumference	39	42	45	48.5	51
6	Neck Circumference (at base)	32	34	35	36	38
7	Head Circumference	54	55	55	56	56
9	Shoulder Breadth	30	32	34	36	39
10	Back Width at ½ armhole	28	30	32	34	37
11	Armhole Circumference	31	33	36	39	42
12	Upper Arm Circumference	21	22	24	26	28
13	Wrist Circumference	14	15	15.5	16	16.5
14	Cervical to Wrist (elbow slightly bent)	61	66	71	76	81
15	Shoulder Point to Wrist	45.25	48.75	53	57.25	61.5
16	Cervical Height	109	118	128	137	146
17	Cervical to Waist	30	32	35	38	41
18	Cervical to Hip	46	50	54	58	62
19	Waist Height	80	88	95	101	107
20	Ankle Circumference	20	21	21.5	22	22.5
21	Waist to Knee	44	49	54	58	61
22	Knee Circumference	29.5	32.5	34	35.5	37
23	Total Crotch Length	56	60	64	68	72
24	Front Crotch Length	26	28	30	32	34
25	Back Crotch Length	30	32	34	36	38
26	Inleg / Crotch Height	57	63	69	74	79
27	Vertical Trunk	118	126	136	146	156

2.1.5 Women's 6 – 18 Body Measurements

All measurements are in centimetres

Area of measurement		Size 6	Size 8	Size 10	Size 12	Size 14	Size 16	Size 18
Height		169	169	169	169	169	169	169
To Fit Bust		80	85	90	95	100	105	110
To Fit Waist		60	65	70	75	80	85	90
To Fit Hip		85	90	95	100	105	110	115
1	Bust Circumference	80	85	90	95	100	105	110
2	Waist Circumference	60	65	70	75	80	85	90
3	Hip Circumference	85	90	95	100	105	110	115
4	Thigh Circumference	52	55	58	61	64	67	70
5	Neck Circumference (at base)	36	37	38	39	40	41	42
6	Head Circumference	55	55	55	56	57	57	57
7	Shoulder Breadth	33	34.5	36	37.5	39	40.5	42
8	Armhole Circumference	34	36	38	40	42	44	46
9	Upper Arm Circumference	24	26	28	30	32	34	36
10	Wrist Circumference	15.5	16	16.5	17	17.5	18	18.5
11	Cervical to Wrist (elbow slightly bent)	75.6	76.8	78	79.2	80.4	81.6	82.8
12	Shoulder Point to Wrist	58.8	59.4	60	60.6	61.2	61.8	62.4
13	Cervical to Waist	41	41	41	41	41	41	41
14	Cervical to Hip	61	61	61	61	61	61	61
15	Waist Height	105	105	105	105	105	105	105
16	Knee Circumference	31	33	35	37	39	41	43
17	Ankle Circumference	20	21	22	23	24	25	26
18	Total Crotch Length	68	70	72	74	76	78	80
19	Front Crotch Length	32	33	34	35	36	37	38
20	Back Crotch Length	36	37	38	39	40	41	42
21	Inleg / Crotch Height	78	78	78	78	78	78	78

2.1.6 Women’s S - XL Body Measurements

All measurements are in centimetres

Area of measurement		Size S	Size M	Size L	Size XL
Height		169	169	169	169
To Fit Bust		86 - 92	92 - 98	98 - 104	104 - 110
To Fit Waist		66 - 72	72 - 78	78 - 84	84 - 90
To Fit Hip		91 - 97	97 - 103	103 - 109	109 - 114
1	Bust Circumference	86 - 92	92 - 98	98 - 104	104 - 110
2	Waist Circumference	66 - 72	72 - 78	78 - 84	84 - 90
3	Hip Circumference	91 - 97	97 - 103	103 - 109	109 - 114
4	Thigh Circumference	57 - 60	61 - 64	65 - 68	69 - 71
5	Neck Circumference (at base)	36.5 - 37	37.5 - 38	38.5 – 39.5	40 - 41
6	Head Circumference	55	56	57	57
7	Shoulder Breadth	35 – 36.5	37 – 38.5	39 – 40.5	41 – 42.5
8	Upper Arm Circumference	26.5 - 28.5	29 - 31	31.5 – 33.5	34 - 36
9	Wrist Circumference	15.5	16.5	17.5	18.5
10	Cervical to Wrist (elbow slightly bent)	78	79.5	81	82.5
11	Shoulder Point to Wrist	58	58.6	59.4	60
12	Cervical to Waist	41	41	41	41
13	Cervical to Hip	61	61	61	61
14	Waist Height	105	105	105	105
15	Knee Circumference	33.5 – 35.5	36 - 38	38.5 - 40.5	41 - 43
16	Ankle Circumference	21.5 - 22.5	22.5 - 23.5	24 - 25	25 - 26
17	Total Crotch Length	71	74	77	80
18	Front Crotch Length	33.5	35	36.5	38
19	Back Crotch Length	37.5	39	40.5	42
20	Inleg / Crotch Height	78	78	78	78

2.1.7 Women’s 16 – 26 Body Measurements

All measurements are in centimetres

Area of measurement		Size 16	Size 18	Size 20	Size 22	Size 24	Size 26
Height		169	169	169	169	169	169
To Fit Bust		115	120	125	130	135	140
To Fit Waist		100	105	110	115	120	125
To Fit Hip		120	125	130	135	140	145
1	Bust Circumference	115	120	125	130	135	140
2	Waist Circumference	100	105	110	115	120	125
3	Hip Circumference	120	125	130	135	140	145
4	Thigh Circumference	70	73	76	79	82	85
5	Neck Circumference (at base)	42.5	43.5	44.5	45.5	46.5	47.5
6	Head Circumference	57	57	57	57	57	57
7	Shoulder Breadth	42	43.5	45	46.5	48	49.5
8	Armhole Circumference	46	48	50	52	54	56
9	Upper Arm Circumference	37	39	41	43	45	47
10	Wrist Circumference	19	19.5	20	20.5	21	21.5
11	Cervical to Wrist (elbow slightly bent)	83	84.2	85.4	86.6	87.8	89
12	Shoulder point to Wrist	62	62.6	63.2	63.8	64.4	65
13	Cervical to Waist	43	43	43	43	43	43
14	Cervical to Hip	62	62	62	62	62	62
15	Waist Height	105	105	105	105	105	105
16	Knee Circumference	44	46	48	50	52	54
17	Ankle Circumference	25	25	26	27	28	29
18	Total Crotch Length	82	85	88	91	94	97
19	Front Crotch Length	35	36.5	38	39.5	41	42.5
20	Back Crotch Length	47	48.5	50	51.5	53	54.5
21	Inleg / Crotch Height	78	78	78	78	78	78

2.1.8 Women's +S - +XL Body Measurements

All measurements are in centimetres

Area of measurement		Size +S	Size +M	Size +L	Size +XL
Height		169	169	169	169
To Fit Bust		115 - 120	120 - 125	130 - 135	135 - 140
To Fit Waist		100 - 105	105 - 110	115 - 120	120 - 125
To Fit Hip		120 - 125	125 - 130	135 - 140	140 - 145
1	Bust Circumference	115 - 120	120 - 125	130 - 135	135 - 140
2	Waist Circumference	100 - 105	105 - 110	115 - 120	120 - 125
3	Hip Circumference	120 - 125	125 - 130	135 - 140	140 - 145
4	Thigh Circumference	70 - 73	73 - 76	79 - 82	82 - 85
5	Neck Circumference (at base)	41 - 42.75	42.75 - 44	44 - 45.75	45.75 - 48.5
6	Head Circumference	57	57	57	57
7	Shoulder Breadth	43 - 44.5	44.5 - 45.75	45.75 - 46.75	46.75 - 49
8	Upper Arm Circumference	37 - 39	39.5 - 42.5	43 - 44	44.5 - 47
9	Wrist Circumference	19	20	21	22
10	Cervical to Wrist (elbow slightly bent)	83 - 84.5	84.75 - 86	86.25 - 87.5	87.75 - 89
11	Shoulder point to Wrist	62 - 62.75	62.75 - 63.5	63.5 - 64.25	64.25 - 65
12	Cervical to Waist	43	43	43	43
13	Cervical to Hip	62	62	62	62
14	Waist Height	105	105	105	105
15	Knee Circumference	44 - 46.5	47 - 49	49.5 - 51.5	52 - 54
16	Ankle Circumference	25.5 - 26.5	26.5 - 27	27 - 28	28 - 29
17	Total Crotch Length	82	87	93	97
18	Front Crotch Length	35	37.5	40	42.5
19	Back Crotch Length	47	49.5	52	54.5
20	Inleg / Crotch Height	78	78	78	78

2.1.9 Men's XS / 30" - 2XL / 40" Body Measurements

All measurements are in centimetres

Area of measurement		Size XS 30"	Size S 32"	Size M 34"	Size L 36"	Size XL 38"	Size 2XL 40"
Height		180	180	180	180	180	180
To Fit Chest		85	90	95	100	105	110
To Fit Waist		75	80	85	90	95	100
To Fit Hip		90	95	100	105	110	115
1	Chest Circumference	85	90	95	100	105	110
2	Waist Circumference	75	80	85	90	95	100
3	Hip Circumference	90	95	100	105	110	115
4	Thigh Circumference	54	57	60	63	65	66
5	Neck Circumference (at base)	37	38.5	40	41.5	43	44.5
6	Head Circumference	55	56	58	59	60	62
7	Shoulder Breadth	39	40.5	42	43.5	45	46.5
8	Back Width at ½ armhole	36	37.5	39	40.5	42	43.5
9	Armhole Circumference	39	41	43	45	47	49
10	Upper Arm Circumference	29	30	31	32	33	34
11	Wrist Circumference	18	18.5	19	19.5	20	20.5
12	Cervical to Wrist (elbow slightly bent)	83.5	85	86.5	88	89.5	91
13	Shoulder Point to Wrist	64	64.5	65	65.5	66	66.5
14	Cervical Height	152	152	152	152	152	152
15	Cervical to Waist	44	44	44	44	44	44
16	Cervical to Hip	69	69	69	69	69	69
17	Waist Height	108	108	108	108	108	108
18	Ankle Circumference	22	23	24	25	26	27
19	Waist to Knee	60	60	60	60	60	60
20	Knee Circumference	32	34	36	38	40	42
21	Total Crotch Length	68	70	72	74	76	78
22	Front Crotch Length	31	32	33	34	35	36
23	Back Crotch Length	37.5	38.5	39.5	40.5	41.5	42.5
24	Inleg / Crotch Height	81	81	81	81	81	81

2.1.10 Men's 3XL / 42" - 7XL / 50" Body Measurements

All measurements are in centimetres

Area of measurement		Size 3XL 42"	Size 4XL 44"	Size 5XL 46"	Size 6XL 48"	Size 7XL 50"
Height		180	180	180	180	180
To Fit Chest		115	120	125	130	135
To Fit Waist		105	110	115	120	125
To Fit Hip		120	125	130	135	140
1	Chest Circumference	115	120	125	130	135
2	Waist Circumference	105	110	115	120	125
3	Hip Circumference	120	125	130	135	140
4	Thigh Circumference	67	70	73	76	79
5	Neck Circumference (at base)	46	47.5	49	50.5	52
6	Head Circumference	62	62	62	62	62
7	Shoulder Breadth	48	49.5	51	52.5	54
8	Back Width at 1/2 armhole	45	46.5	48	49.5	51
9	Armhole Circumference	53	55	57	59	61
10	Upper Arm Circumference	38	40	42	44	46
11	Wrist Circumference	20.5	21.5	22.5	23.5	24
12	Cervical to Wrist (elbow slightly bent)	88.75	90	91.25	92.5	93.75
13	Shoulder Point to Wrist	65.5	66	66.5	67	67.5
14	Cervical Height	152	152	152	152	152
15	Cervical to Waist/ High Hip	55	55	55	55	55
16	Cervical to Hip	70	70	70	70	70
17	Waist / High Hip Height	100	100	100	100	100
18	Ankle Circumference	26	27	28	29	30
19	Waist / High Hip to Knee	50	50	50	50	50
20	Knee Circumference	44	46	48	50	52
21	Total Crotch Length	81	84	87	90	93
22	Front Crotch Length	41	42.5	44	45.5	47
23	Back Crotch Length	40	41.5	43	44.5	46
24	Inleg / Crotch Height	80	80	80	80	80

2.1.11 Foot Length Body Measurements for Socks

2.1.11.1 Infant's

Area of measurement	Sock Size 000 newborn	Sock Size 00-1 3-6mths	Sock Size 1-2 6-12mths	Sock Size 2-5 12-18mths
Foot Length - cm	9.2 - 10.8	10.8 - 11.8	11.8 - 13	13 - 13.4

2.1.11.2 Children's

Area of measurement	Sock Size 5-8	Sock Size 9-12	Sock Size 13-3	Sock Size 2-8
Foot Length - cm	13.9 – 15.6	16.4 – 18.9	19.8 – 21.6	20.8 – 25.8

2.1.11.3 Women's

Area of measurement	Sock Size 5-8	Sock Size 9-11
Foot Length - cm	21.6 – 24.1	25 – 26.6

2.1.11.4 Men's

Area of measurement	Sock Size 6-10	Sock Size 11-14	Sock Size 7-12 (for one size offers)
Foot Length - cm	24.2 – 27.5	28.4 – 30.8	25 – 29.2

Minimum Garment Measurement Size Charts

2.2 Minimum Garment Measurement Size Charts

2.2.1 Minimum Garment Neck Opening Circumference Stretched

Category	Size	Minimum Garment Neck Opening Circumference Stretched
Children	00000	50cm
Children	0000 – 000	52cm
Children	00 – 1	54cm
Children	2 – 8	56cm
Children	10	58cm
Children	12 - 16	60cm
Adult – Women	6 - 16	60cm
Adult – Women	18 - 28	64cm
Adult – Men	All sizes	68cm

This page has been left blank intentionally