

Measurement Guide

1. Chest/Bust

Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.

2. Center Back Neck-to-Wrist

With arm straight, measure from back base of neck, across shoulder, and along arm to wrist.

3. Back Waist Length

Measure from the most prominent bone at base of neck to the natural waistline.

4. Cross Back

Measure from shoulder to shoulder.

5. Arm Length

With arm slightly bent, measure from armpit to wrist.

6. Upper Arm

Measure around the widest section of the upper arm located above the elbow.

7. Armhole Depth

Measure from the top outside edge of the shoulder down to the armpit.

8. Waist

Measure your waist at the smaller circumference of your natural waist, usually just above the belly button.

9. Hip

Measure at the widest part of your lower hip.

10. Head Circumference

For an accurate head measure, place a tape measure across the forehead and measure around the full circumference of the head. Keep the tape snug for accurate results.

11. Sock Measurements - The following measurements are for crew-style or dress socks, which usually come several inches above the ankle and below the calf.

11a. Foot Circumference—To determine the foot circumference, measure around the widest part of your foot.

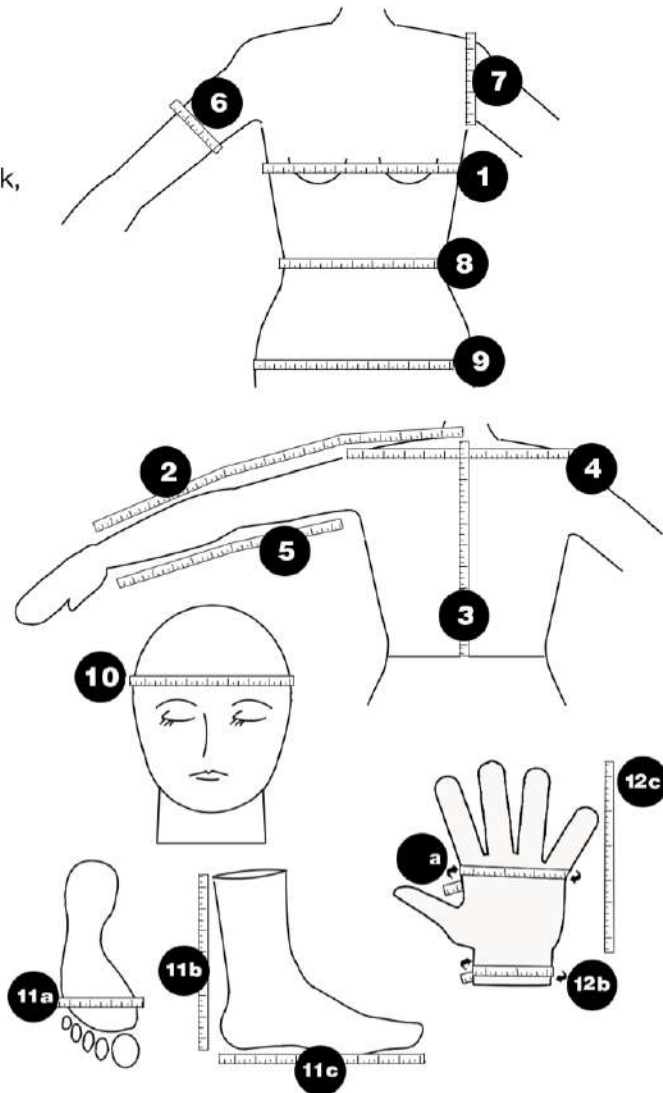
11b. Sock Height—To determine the height of the sock, measure from where you start to turn for the heel shaping to the top of the sock.

11c. Total Foot Length—To measure the total length of your foot, place a ruler or tape measure on the floor. Position the back of your heel at the beginning of the tape and the measure to your longest toe.

12a. Hand Circumference—Measure around the palm of your dominate hand, which is usually just below the knuckles. Exclude the thumb.

12b. Wrist Circumference—Measure around the widest part of the wrist.

12c. Hand Length—Measure from the the base of the hand to the tip of the middle finger or to the top of the longest finger.



Head Measurements

Head Circumference Chart

	Infant		Child			Adult	
	Preemie	Baby	Toddler	Child	Tween	Woman	Man
(In)	9–12	14–16	16–18	18–20	20–22	21–23	22 - 24
(Cm)	23–30.5	35.5–40.5	40.5–46	45.5–51	51–56	53–58.5	56–61

Foot Measurements

Shoe Size Chart* for Baby, Child & Youth

(U.S. Sizes)	0–4	5–9	10–13*	1–3	4–6
	Baby	Toddler	Child	Youth	Youth
Ages	6–18 mo.	2–3 y.	4–5 y.	6–9 y.	10–13 y.

Foot Circumference

(In)	4.5	5.5	6	6.5	7
(Cm)	11	14	15.5	16.5	17.5

Sock Height

(In)	6.5	9	11.5	14	16.5
(Cm)	10.5	15.5	20.5	25.5	30.5

Total Foot Length

(In)	3–4.5	4.75–6	6.5–7.5	7.75–8.5	8.75–9.5
(Cm)	7.75–11.5	12–15.25	16.5–19	19.75–21.5	22.25–24

Foot Measurements

Foot Size Chart For Women

(U.S. Sizes)	4–6.5	7–9.5	10–12.5
Foot Circumference			
(In)	7	8	9
(cm)	17.5	20.5	23
Sock Height			
(In)	6.5	7	7.5
(Cm)	6.5	17.5	19
Foot Length			
Inches	8–9	9.25–10	10.25–11
Cm	20.25–23	23.5–25.5	26–28

Foot Size Chart For Men

(U.S. Sizes)	6–8.5	9–11.5	12–14
Foot Circumference			
(In)	8	9	10
(Cm)	20.5	23	25.5
Sock Height			
(In)	7.5	8	8.5
(Cm)	19	20.5	21.5
Total Foot Length			
(In)	9.25–10	10.25–11	11.25–12
(Cm)	23.5–25.5	26–28	28.5–30.5

Hand Measurements

Child Size Chart

Age	2-4 years	4-6 years	6-8 years
Hand circumference			
(In)	5	6	6 1/2
(Cm)	13	15	16.5
Hand length			
(In)	4	4 3/4	5 1/4
(cm)	10	12	13.5

Woman's Size Chart

	Small	Medium	Large
Hand circumference			
(In)	7	7 1/2	8
(Cm)	18	19	20.5
Hand length			
(In)	6	6 1/2	7 1/2
(Cm)	16	16.5	19

Men's Size Chart

	Small	Medium	Large
Hand circumference (in.)			
(In)	8	8 1/2	9
(Cm)	20.5	21.5	23.5
Hand length			
	7 1/2	7 3/4	8 1/2
	19	20	21.5