LANDS' END SCHOOL

Lands' End School

FIT GUIDE

landsend.com/article/how-to-measure-your-kids-for-school-uniforms

800-469-2222 | Uniforms parents trust & students love

GIRL'S GUIDE TO A GREAT FIT

To see how to measure your kids, watch our fit videos at
landsend.com/article/how-to-measure-your-kids-for-school-uniforms

HOW TO ORDER **THE RIGHT SIZE:**

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).

DOES MY CHILD **NEED 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:

Without wearing any shoes, stand straight against a wall with both feet together. Measure from the floor to the top of the head.

WAIST:

Measure at the natural waistline. Have child bend from side to side; where the body curves is the natural waistline.

INSEAM:

Measure a similar pair of pants that fit your child well. Measure the pants from the crotch intersection down to the bottom of the pants.

BIG GIRL

Size	S7 S	S7	S7+	S8 S	S8	S8+	M10 S	M10	M10+	M12 S	M12	M12+	L14 S	L14	L14+	XL16 S	XL16	XL16+
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
Waist	21 1/4	23 1/2	27 1/2	22	24 1/4	28	23	25	28 1/2	24	26	30 1/2	25	28	32	26	30	34
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

LITTLE GIRL

Size	S4 S	S4	M5 S	M5	M6 S	M6	L 6X-7S	L 6X-7
Height	40-42	40-42	43-45	43-45	46-48	46-48	49 - 51	49 - 51
Waist	19 3/4	22	20 1/4	22 1/2	20 3/4	23	21 1/4	23 1/2
Weight	28 - 32	34-38	33 - 37	39-43	36 - 42	42-48	46 - 52	52 - 58

TODDLER

Size	2T	3T	4T
Height	33-35	36-38	39-41
Waist	21	21 1/2	22
Weight	27-29	30-33	34-38

*all measurments are in inches and pounds

LANDS' END SCHOOL

WOMEN'S GUIDE TO A GREAT FIT

WOMEN'S TOPS: MEASURE BUST/CHEST & ARMS

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.)

ARMS:
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 WAIST, HIPS & 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:
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.

BLAZER FIT TIPS

When you try on a blazer, shirt sleeves should end ½" to 1" past the blazer sleeves. The length should cover the backside, and the collar should reveal about ½" of your shirt collar.

WOMEN'S

Size	XXS 00	XXS 0	XS 2	XS 4	S 6	S 8	M 10	M 12	L 14	L 16	XL 18
Bust	31	32	33	34	35	36	37	38 1/2	40	42	44
Arm Length (reg)	29 1/4	29 1/2	29 7/8	30 1/8	30 1/2	30 3/4	31	31 3/8	31 5/8	32	32 1/4
Arm Length (petite)	27 3/4	28	28 3/8	28 5/8	29	29 1/4	29 1/2	29 7/8	30 1/8	30 1/2	30 3/4
Arm Length (tall)	30 1/4	30 1/2	30 7/8	31 1/8	31 1/2	31 3/4	32	32 3/8	32 5/8	33	33 1/4
Waist	24 1/2-25 1/2	25 1/2-26 1/2	26 1/2-27 1/2	27 1/2 -28 1/2	28 1/2-29 1/2	29 1/2 - 30 1/2	30 1/2-31 1/2	32 - 33	33 1/2-34 1/2	35 1/2-36 1/2	37 - 38 1/2
Hips	34	35	36	37	38	39	40	41 1/2	43	44 1/2	46 1/2

*all measurments are in inches and pounds

THE RIGHT FIT

OUR SKIRTS COME IN THREE LENGTHS

1. BELOW THE KNEE

This skirt provides full knee coverage.

2. ABOVE THE KNEE

The skirt hits at mid-thigh.

3. TOP OF THE KNEE

This skirt stops at the top of the knee.

BOY'S GUIDE TO A GREAT FIT

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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).

DOES MY CHILD **NEED 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:
Without wearing any shoes, stand straight against a wall with both feet together. Measure from the floor to the top of the head.

WAIST:
Measure at the natural waistline. Have child bend from side to side, where the body curves is the natural waistline.

INSEAM:
Measure a similar pair of pants that fit your child well. Measure the pants from the crotch intersection down to the bottom of the pants.

TODDLER

Size	2T	3T	4T
Height	33-35	36-38	39-41
Waist	21	21 1/2	22
Weight	27-29	30-33	34-38

LITTLE BOY

Size	S4	S4 S	M5	M5 S	M6	M6 S	L7	L7 S
Height	40-42	40-42	43-45	43-45	46-47	46-47	47-49	47-49
Waist	22	20	22 1/2	20 1/2	23	21	23 1/2	21 1/2
Weight	34-38	28 - 32	39-43	33 - 37	42-48	36 - 42	49-54	42 - 47

BIG BOY

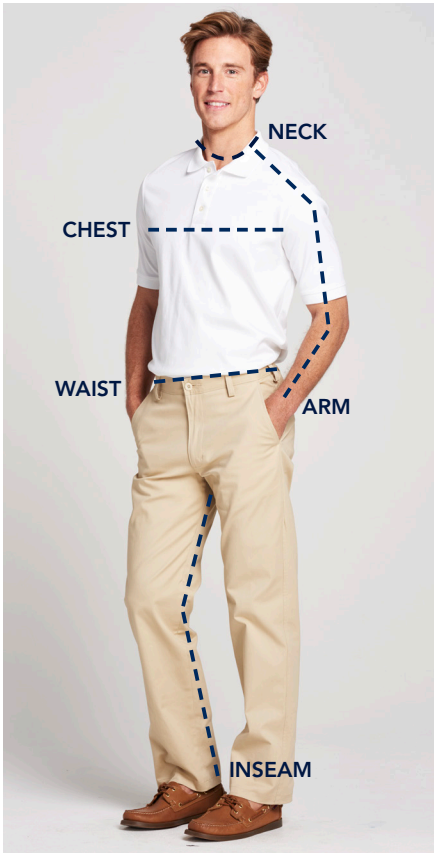
Size	S8 S	S8	S8 H	M10 S	M10	M10 H	M12 S	M12	M12 H	L14 S	L14	L14 H	L16 S	L16	L16 H	XL 18 S	XL 18	XL 18 H	XL 20 S	XL 20	XL 20 H
Height	50-53	50-53	50-53	53-56	53-56	53-56	57-59	57-59	57-59	60-62	60-62	60-62	63-65	63-65	63-65	66-67	66-67	66-67	68-69	68-69	68-69
Waist	22 1/2	24 1/2	27 1/2	23 1/2	25 1/2	29	24 1/2	26 1/2	30 1/2	26	28	32	27 1/2	29 1/2	33 1/2	29	31	35	30 1/2	32 1/2	36 1/2
Weight	47-58	55-67	62 - 75	59 - 71	68-80	76 - 90	72 - 83	81-94	91 - 105	84 - 96	95-108	106 - 119	97 - 109	109-120	120 - 134	110 - 122	121-132	135 - 148	123 - 135	133-145	149 - 161

*all measurments are in inches and pounds

LANDS' END SCHOOL

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 at the armpits, 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.

OVERARM (FOR BLAZERS):
With your upper arms flat at your sides, measure around your chest and arms. If this measurement is 7 or more inches larger than your chest measurement, order the next size up for a better fit.

MEN'S PANTS

WAIST:
Remove your belt. Measure your waist where you normally wear your pants. (Subtract 1" if you're 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.

BLAZER FIT TIPS

When you try on a blazer, shirt sleeves should end ½" to 1" past the blazer sleeves. The length should cover the backside and the collar should reveal about ½" of your shirt collar.

MEN'S

Size	XS	S	S	M	M	L	L	XL	XL	XXL	XXL
Neck	13 1/2	14	14 1/2	15	15 1/2	16	16 1/2	17	17 1/2	18	18 1/2
Chest	32	34	36	38	40	42	44	46	48	50	52
Arm Length (reg)	32	32 1/2	33	33 1/2	34	34 1/2	35	35 1/2	36	36 1/2	36 1/2
Arm Length (tall)	33 1/2	34	34 1/2	35	35 1/2	36	36 1/2	37	37 1/2	38	38
Pant Waist	27	29	31	33	35	37	39	41	43	45	47

*all measurments are in inches and pounds