Lands' End School Uniform
FIT GUIDE
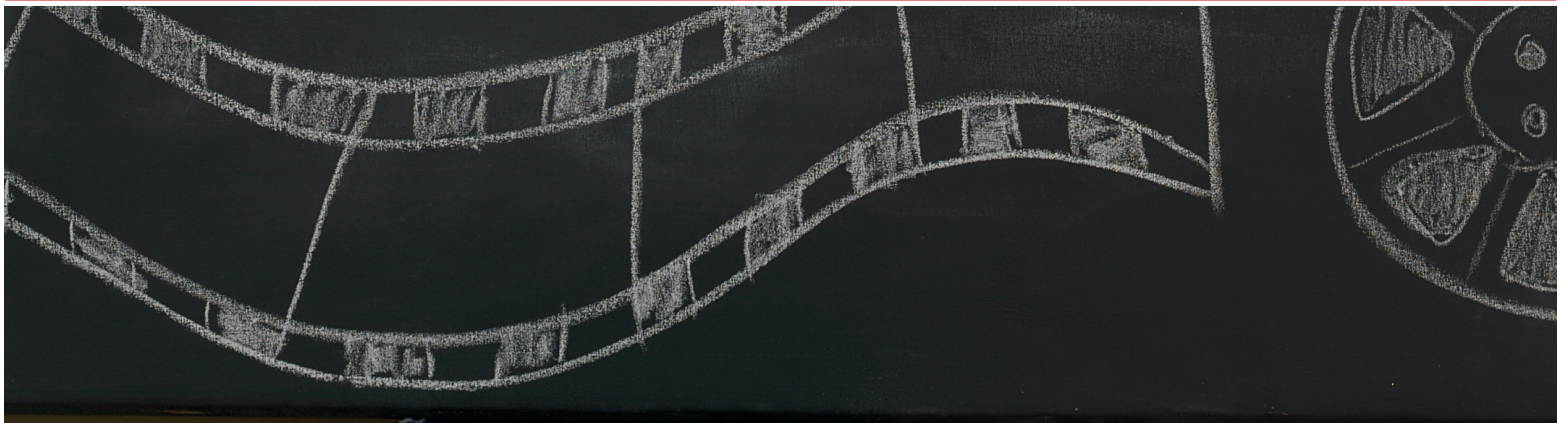
girls' and women's guide to a
GREAT UNIFORM FIT

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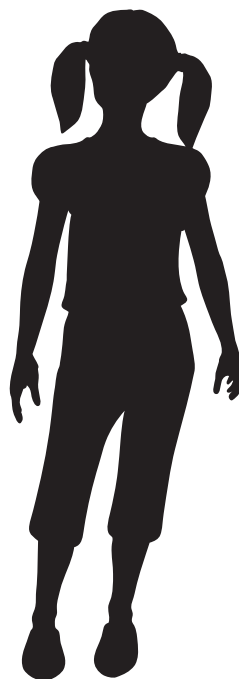
 *Be sure to compare her measurements with the size chart as she may need a different size in a slim or plus than her regular size.

LANDS' END SCHOOL

Girls' Uniform Fit Guide

SLIM (S)
Thin body and frame
in relation to height

REGULAR (R)
Average frame and
proportions

PLUS (+)
Fuller body in
proportion to height

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	27-29	30-33	34-38
waist	20	20½	21

LITTLE GIRL (SLIM, REG)

size	small		medium		medium		large	
	4S	4R	5S	5R	6S	6R	6XS	6XR
height	39-41	39-41	42-44	42-44	45-47	45-47	47-49	47-49
weight	32-34	34-38	35-39	39-44	40-45	45-49	46-48	49-53
waist	19½	21½	20	22	20½	22½	21	23

COED - KIDS

size	small	medium	large	x-large
	7/8	10/12	14/16	18/20
height	48-53	54-62	62-65	66-70
weight	50-64	70-106	108-152	148-174
waist	23½	25½	28	30

BIG GIRL (SLIM, REG, PLUS)

size	small		small		small		medium		medium		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	48-50	48-50	48-50	51-53	51-53	51-53	54-57	54-57	54-57	57-59	57-59	57-59	60-61	60-61	60-61	62-63	62-63	62-63
weight	44-50	50-56	56-64	51-56	57-64	64-73	64-73	73-84	84-96	81-92	92-106	106-122	98-108	108-125	125-146	109-119	119-135	135-155
waist	21½	23	27½	22	23½	28	23	24½	29	24	25½	30	25	26½	31	26	27½	32

*All measurements are in inches and pounds

Women's Uniform Fit Guide

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 inside 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.

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
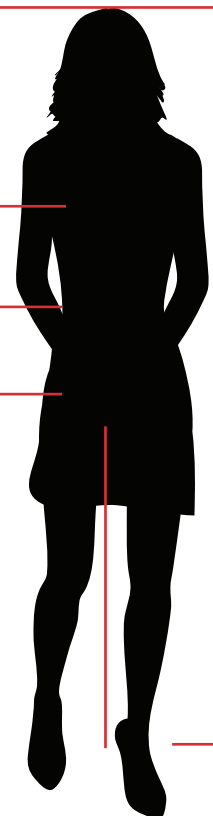and down to the wrist.

Height

Bust/Chest

Waist

Hips

Inseam

YOUNG WOMEN - JUNIORS

size	1	3	5	7	9	11	13
bust	31½	32½	33½	34½	35½	37	38½
waist	26	27	28	29	30	31½	33
hip	34¾	35¾	36¾	37¾	38¾	40¼	41¾

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	20	16W	18W	20W	22W	24W	26W	28W	30W	32W	34W
bust/chest	31	32	33	34	35	36	37	38½	40	41½	43½	45½	43	45	47	49	51	53	55	57	59	61
arm (petite)	27⅞	28	28⅜	28¾	29⅛	29½	29⅞	30¼	30⅝	31	31⅜	31¾	--	--	--	--	--	--	--	--	--	--
arm (regular)	28⅝	29	29⅜	29¾	30⅛	30½	30⅞	31¼	31⅝	32	32⅜	32¾	--	--	--	--	--	--	--	--	--	--
arm (tall)	--	--	30⅜	30¾	31⅛	31½	31⅞	32¼	32⅝	33	33⅜	33¾	--	--	--	--	--	--	--	--	--	--
arm (women's)	--	--	--	--	--	--	--	--	--	--	--	--	31¾	32⅛	32½	32⅞	33⅛	33⅜	33⅝	33⅞	34⅛	34⅜
waist	24-25	25-26	26-27	27-28	28-29	29-30	30-31	31½-31 ½	33-34	34½-36	36½-38½	39-41	37-38	39-40	40-41	43-44	45-46	47-48	--	--	--	--
hips	34	35	36	37	38	39	40	41½	43	44 ½	46 ½	48 ½	46	48	50	52	54	56	--	--	--	--

boys' and men's guide to a
GREAT UNIFORM 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.
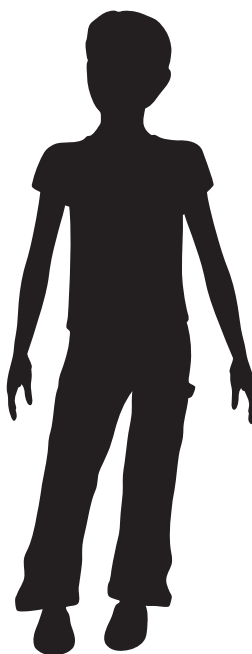
   *Be sure to compare his measurements with the size chart as he may need a different size in a slim or husky than his regular size.
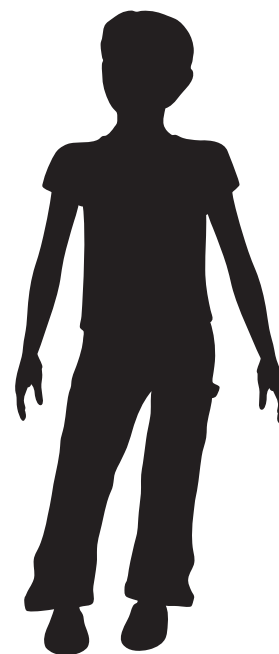
LANDS' END SCHOOL

Boys' Uniform Fit Guide
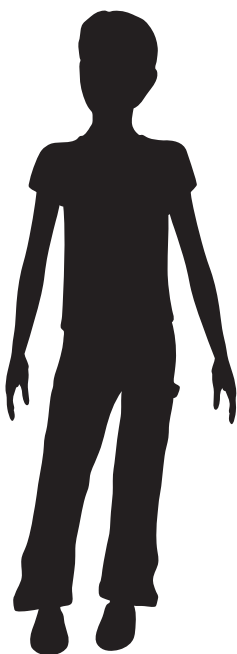
SLIM (S)
Thin body and frame
in relation to height

REGULAR (R)
Average frame and
proportions

HUSKY (H)
Fuller body in
proportion to height

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	27-29	30-33	34-38
waist	20	20½	21

LITTLE BOY (SLIM, REG)

size	small		medium		medium		large	
	4S	4R	5S	5R	6S	6R	7S	7R
height	39-41	39-41	42-44	42-44	45-47	45-47	48-50	48-50
weight	32-34	34-38	35-39	39-44	40-45	45-49	49-50	50-56
waist	19½	21½	20	22	20½	22½	21	23

BIG BOY (SLIM, REG, HUSKY)

size	small		medium		medium		medium		medium
	8S	8R	8H	10S	10R	10H	12S	12R	12H
height	51-53	51-53	51-53	54-57	54-57	54-57	58-61	58-61	58-61
weight	52-56	56-64	64-72	62-70	70-80	80-92	78-90	90-102	102-118
waist	21½	23½	26½	22½	24½	27½	23½	25½	28½

BIG BOY (SLIM, REG, HUSKY)

size	large		large		large		x-large		x-large		x-large	
	14S	14R	14H	16S	16R	16H	18S	18R	18H	20S	20R	20H
height	62-63	62-63	62-63	64-65	64-65	64-65	66-67	66-67	66-67	68-70	68-70	68-70
weight	95-102	112-128	128-146	120-134	134-152	152-162	134-148	148-166	164-172	140-156	156-174	174-196
waist	24½	26½	29½	26	28	31	27	29	32	28	30	33

COED - KIDS

size	small	medium	large	x-large
	7/8	10/12	14/16	18/20
height	48-53	54-62	62-65	66-70
weight	50-64	70-106	108-152	148-174
waist	23½	25½	28	30

*All measurements are in inches and pounds

Men's Uniform Fit Guide

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 inside 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.

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.

Height

Neck

Chest

Waist

Inseam

YOUNG MEN'S

size	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