



# FIT GUIDE

**SCHOOL**  
**OUTFITTERS**  
BY LANDS' END

1-800-469-2222 | [LANDSEND.COM/SCHOOL](https://LANDSEND.COM/SCHOOL)

# 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?

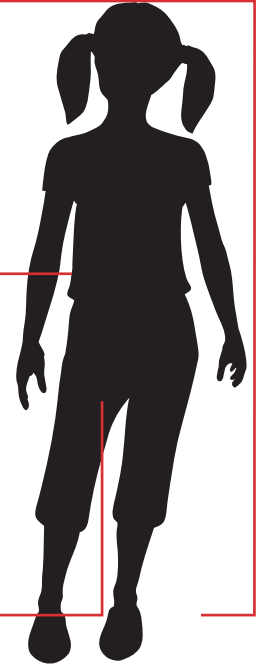
1. If you normally buy her a Size 12 to fit her waist, but the inseam is always too long, she may need a 10 Plus (10+). Here's why: a 10+ will give her extra room around her waist, yet has a shorter inseam, for a better overall fit in the waist and length.
2. If you normally buy her a Size 12 to fit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

For tips on fitting a blazer, see the Women's fit guide.

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	6XR/7R
height	40-42	40-42	43-45	43-45	46-48	46-48	49-51
weight	28-32	34-38	33-37	39-43	36-42	42-48	52-58
waist	19¾	22	20¼	22½	20¾	23	23½

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	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



1-800-469-2222 | LANDSEND.COM/SCHOOL

# 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.

## 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.

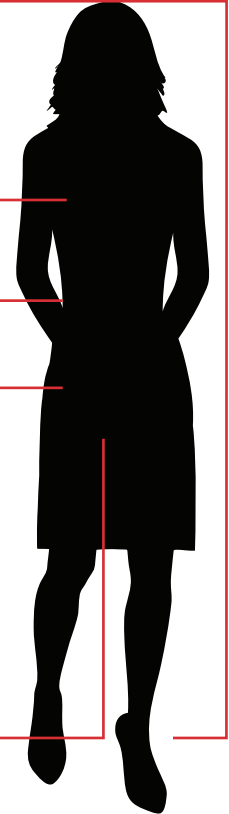
Height

Bust/Chest

Waist

Hips

Inseam



YOUNG WOMEN - JUNIORS									
size	x-small		small		medium		large		
	0	1	3	5	7	9	11	13	15
bust	30½	31½	32½	33½	34½	35½	37	38½	40
waist	25	26	27	28	29	30	31½	33	34¾
hip	34	35	36	37	38	39	40½	42	43½
AVERAGE HEIGHT FOR ALL SIZES - 5'5"									

WOMEN'S												
size	xx-small		x-small		small		medium		large		x-large	
	00	0	2	4	6	8	10	12	14	16	18	20
bust/ chest	31	32	33	34	35	36	37	38½	40	42	44	46
arm (petite)	27½	28	28½	28¾	29½	29½	29¾	30¼	30¾	31	31½	31¾
arm (regular)	28½	29¼	29¾	30	30¾	30¾	31½	31½	31¾	32¼	32¾	33
arm (tall)	--	--	30¾	31	31¾	31¾	32½	32½	32¾	33¼	33¾	34
arm (women's)	--	--	--	--	--	--	--	--	--	--	--	--
waist	24½-25½	25½-26½	26½-27½	27½-28½	28½-29½	29½-30½	30½-31½	32-33	33½-34½	35-36½	37-38½	39-40½
hips	34	35	36	37	38	39	40	41½	43	44½	46½	48½



# SKIRT STORY

## The Right Fit.

OUR SKIRTS COME IN THREE LENGTHS

The right fit is Guaranteed. Period.®

### ABOVE the KNEE

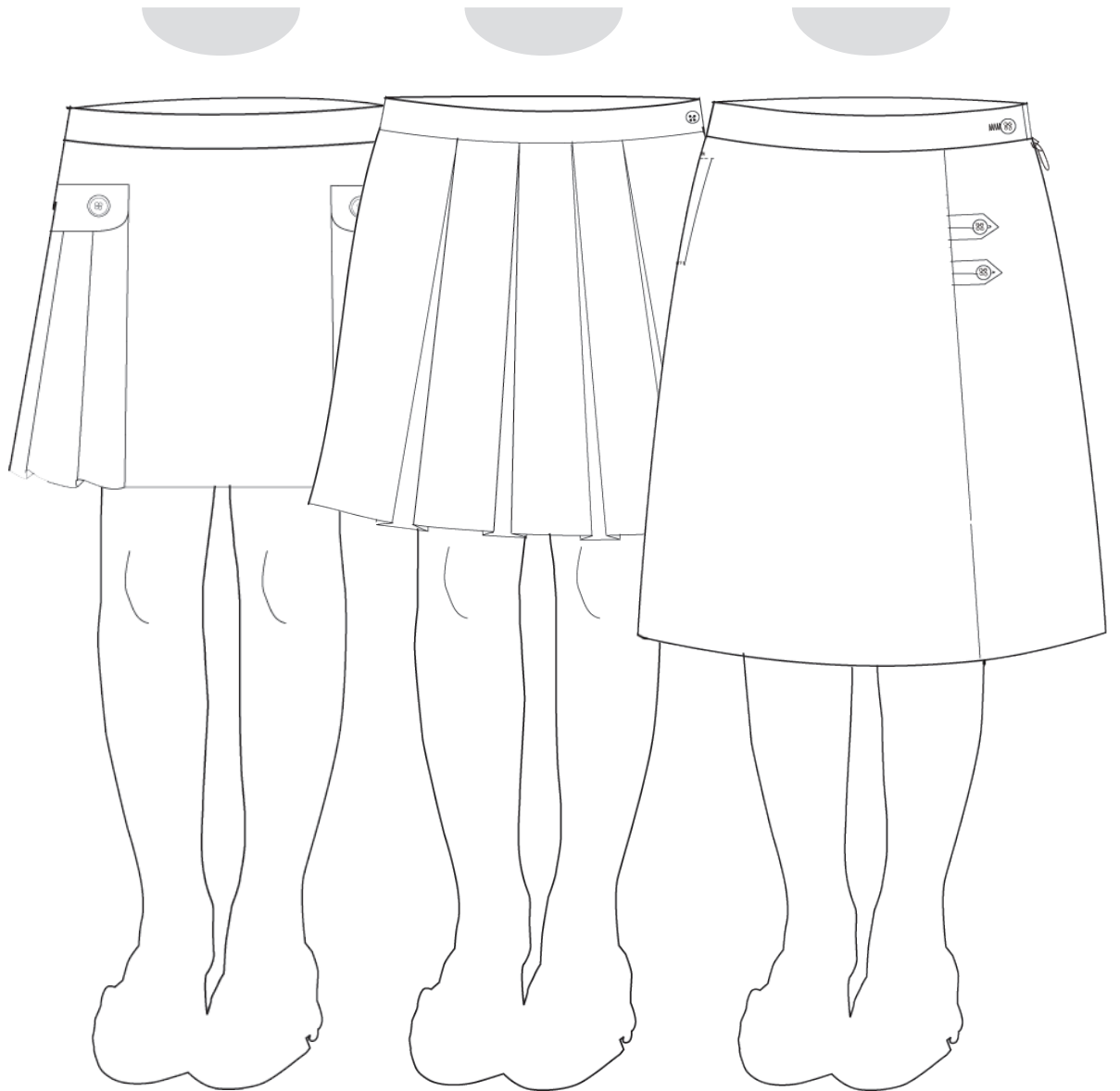
Sits slightly below the waist. Hits at mid-thigh.

### TOP of the KNEE

Sits slightly below the waist. Hits at top of the knee.

### BELOW the KNEE

Sits slightly below the waist. Full knee coverage.



**SCHOOL**  
**OUTFITTERS**  
BY LANDS' END

1-800-469-2222 | LANDSEND.COM/SCHOOL

# 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?

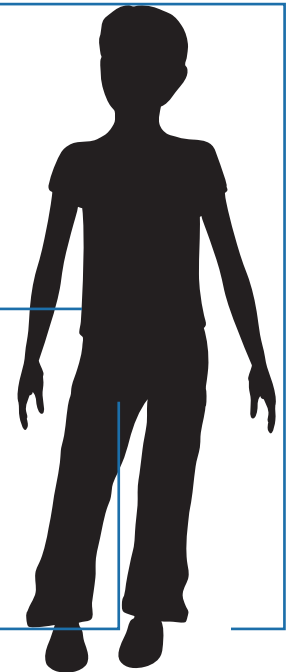
1. If you normally buy him a Size 12 to fit his waist, but the inseam is always too long, he may need a 10 Husky (10H). Here's why: a 10H will give him extra room around his waist, yet has a shorter inseam, for a better overall fit in the waist and length.
2. If you normally buy him a Size 12 to fit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

For tips on fitting a blazer, see the Men's fit guide.

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	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	20	22	20½	22½	21	23	21½	23½

BIG BOY (SLIM, REG, HUSKY)										
size	small		medium			medium		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	55-67	62-75	59-71	68-80	76-90	72-83	81-94	91-105	
waist	22½	24½	27½	23½	25½	28½	24½	26½	29½	

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	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	95-108	106-119	97-109	109-120	120-134	110-122	121-132	135-148	123-135	133-145	149-161
waist	26	28	31	27½	29½	32½	29	31	34	30½	32½	35½

\*All measurements are in inches and pounds



1-800-469-2222 | LANDSEND.COM/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, 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.

**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.

## 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.

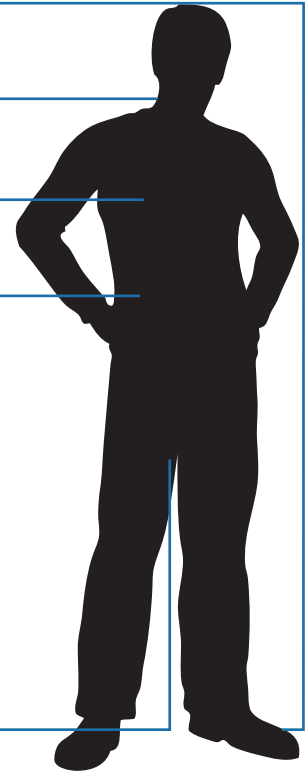
Height

Neck

Chest

Waist

Inseam



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 - 5'5" - 6'

MEN'S											
size	x-small	small		medium		large		x-large		xx-large	
neck	13½	14	14½	15	15½	16	16½	17	17½	18	18½
chest	33	34	36	38	40	42	44	46	48	50	52
arm (regular)	32	32½	33	33½	34	34½	35	35½	36	36½	36½
arm (tall)	33½	34	34½	35	35½	36	36½	37	37½	38	38
waist (regular)	27	28	30	32	34	36	38	40	42	44	46

