

This Fit Guide allows you to see how you can expect a product to fit, before you order it. The measurements below are based on body measurements. You can find product measurements on its product page under Style Measurements.

ADULT BODY MEASUREMENTS										
SIZE	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
CHEST (Inches)	30-32	34-36	38-40	42-44	46-48	50-52	54-56	58-60	62-64	66-68
WAIST (Inches)	24-26	28-30	32-34	36-38	40-42	44-46	48-50	52-54	56-58	60-62
HIP (Inches)	29-31	33-35	37-39	41-43	45-47	49-51	53-55	57-59	61-63	
CHEST (Centimeters)	76-81	86-91	97-102	107-112	117-122	127-132	137-142	147-152	157-163	168-173
WAIST (Centimeters)	61-66	71-76	81-86	91-97	102-107	112-117	122-127	132-137	142-147	152-158
HIP (Centimeters)	74-79	84-89	94-99	104-109	114-119	124-130	135-140	145-150	155-160	

LADIES BODY MEASUREMENTS							
SIZE	XS	S	M	L	XL	2XL	3XL
	0-2	4-6	8-10	12-14	16-18	20-22	24-26
CHEST (Inches)	32-33	34-35	36-38	39-41	42-44	46-48	50-52
WAIST (Inches)	24½-25½	26½-27½	28½-29½	30½-32	33-35	37-39	41-45
HIP (Inches)	34-36	37-38	38-40	42-44	45-47	49-51	53-55
CHEST (Centimeters)	81-84	86-89	91-97	99-104	107-112	117-122	127-132
WAIST (Centimeters)	62-65	67-70	72-75	77-81	84-89	94-99	104-114
HIP (Centimeters)	86-91	94-97	97-102	107-112	114-119	125-129	135-140

YOUTH BODY MEASUREMENTS						
SIZE	XXS	XS	S	M	L	XL
	3T-4T	4-5	6-8	10-12	14-16	18-20
CHEST (Inches)	21-22	22-23	24-26	28-30	31-33	34-36
WAIST (Inches)	21-22	22-23	22-24	25-27	28-30	31-33
HIP (Inches)	22-23	23-24	25-27	28-30	31-33	34-36
Chest (Centimeters)	53-56	56-58	61-66	71-76	79-84	86-91
WAIST (Centimeters)	53-56	56-58	56-61	64-69	71-76	79-84
HIP (Centimeters)	56-58	58-61	64-69	71-76	79-84	86-91

GIRLS BODY MEASUREMENTS					
SIZE	XS	S	M	L	XL
	4-5	6-7	8-10	12-14	16
CHEST (Inches)	22-24	25-27	28-30	31-33	34-36

**GIRLS BODY MEASUREMENTS**

WAIST (Inches)	20-22	22-24	25-27	28-30	31-32
HIP (Inches)	23-24	26-28½	30-32	34-36	38-40
CHEST (Centimeters)	56-61	64-69	71-76	79-84	86-91
WAIST (Centimeters)	51-56	56-61	64-69	71-76	79-81
HIP (Centimeters)	58-61	66-72	76-81	86-91	97-102

**JUNIORS BODY MEASUREMENTS**

SIZE	XS	S	M	L	XL	2XL
	0-1	3-5	7-9	11-13	15-17	19
CHEST (Inches)	30-31	31-33	33-35	36-38	39-41	42-44
WAIST (Inches)	22-24	24-26	26-28	28-30	31-33	34-36
HIP (Inches)	31½-33½	34½-35½	36½-37½	39-40½	42-43½	45-46½
CHEST (Centimeters)	76-79	79-84	84-89	91-97	99-104	107-112
WAIST (Centimeters)	56-61	61-66	66-71	71-76	79-84	86-91
HIP (Centimeters)	80-85	88-90	93-95	99-103	107-110	114-118

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## **PACIFIC HEADWEAR UNIVERSAL SIZES**

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Head Size		
IN	CM	SIZES
20 1/8	51	6 3/8
20 1/2	52	6 1/2
20 7/8	53	6 5/8
21 1/4	54	6 3/4
21 5/8	55	6 7/8
22	56	7
22 3/8	57	7 1/8
22 3/4	58	7 1/4
23 1/8	59	7 3/8
23 1/2	60	7 1/2
23 3/4	61	7 5/8
24 1/2	62	7 3/4
24 5/8	63	7 7/8
25 1/8	64	8

TRUE FITTED
SIZES
6 3/8
6 1/2
<b>6 5/8</b>
<b>6 3/4</b>
<b>6 7/8</b>
<b>7</b>
<b>7 1/8</b>
<b>7 1/4</b>
<b>7 3/8</b>
<b>7 1/2</b>
<b>7 5/8</b>
<b>7 3/4</b>
<b>7 7/8</b>
<b>8</b>

FLEXFIT		
XS	SM-MED	LG-XL
<b>6 3/8</b>	6 3/8	6 3/8
<b>6 1/2</b>	6 1/2	6 1/2
<b>6 5/8</b>	6 5/8	6 5/8
<b>6 3/4</b>	6 3/4	6 3/4
<b>6 7/8</b>	<b>6 7/8</b>	6 7/8
7	<b>7</b>	7
7 1/8	<b>7 1/8</b>	7 1/8
7 1/4	<b>7 1/4</b>	7 1/4
7 3/8	<b>7 3/8</b>	<b>7 3/8</b>
7 1/2	7 1/2	<b>7 1/2</b>
7 5/8	7 5/8	<b>7 5/8</b>
7 3/4	7 3/4	<b>7 3/4</b>
7 7/8	7 7/8	<b>7 7/8</b>
8	8	<b>8</b>

ADJUSTABLE	
YOUTH	ADULT
6 3/8	6 3/8
<b>6 1/2</b>	6 1/2
<b>6 5/8</b>	6 5/8
<b>6 3/4</b>	6 3/4
<b>6 7/8</b>	6 7/8
<b>7</b>	<b>7</b>
7 1/8	<b>7 1/8</b>
7 1/4	<b>7 1/4</b>
7 3/8	<b>7 3/8</b>
7 1/2	<b>7 1/2</b>
7 5/8	<b>7 5/8</b>
7 3/4	<b>7 3/4</b>
7 7/8	<b>7 7/8</b>
8	8

A-FLEX		
SM	MED	LG
6 3/8	6 3/8	6 3/8
6 1/2	6 1/2	6 1/2
<b>6 5/8</b>	6 5/8	6 5/8
<b>6 3/4</b>	6 3/4	6 3/4
<b>6 7/8</b>	6 7/8	6 7/8
<b>7</b>	<b>7</b>	7
<b>7 1/8</b>	<b>7 1/8</b>	7 1/8
7 1/4	<b>7 1/4</b>	<b>7 1/4</b>
7 3/8	<b>7 3/8</b>	<b>7 3/8</b>
7 1/2	<b>7 1/2</b>	<b>7 1/2</b>
7 5/8	<b>7 5/8</b>	<b>7 5/8</b>
7 3/4	7 3/4	<b>7 3/4</b>
7 7/8	7 7/8	<b>7 7/8</b>
8	8	<b>8</b>

PACFLEX		
XS	SM-MED	LG-XL
<b>6 3/8</b>	6 3/8	6 3/8
<b>6 1/2</b>	6 1/2	6 1/2
<b>6 5/8</b>	6 5/8	6 5/8
<b>6 3/4</b>	6 3/4	6 3/4
<b>6 7/8</b>	<b>6 7/8</b>	6 7/8
7	<b>7</b>	7
7 1/8	<b>7 1/8</b>	7 1/8
7 1/4	<b>7 1/4</b>	7 1/4
7 3/8	<b>7 3/8</b>	<b>7 3/8</b>
7 1/2	7 1/2	<b>7 1/2</b>
7 5/8	7 5/8	<b>7 5/8</b>
7 3/4	7 3/4	<b>7 3/4</b>
7 7/8	7 7/8	<b>7 7/8</b>
8	8	<b>8</b>

## RUSSELL ATHLETIC BASICS SIZES

ADULT BODY MEASUREMENTS							
SIZE	S	M	L	XL	2XL	3XL	4XL
CHEST (Inches)	34-36	38-40	42-44	46-48	50-52	54-56	58-60
WAIST (Inches)	28-30	32-34	36-38	40-42	44-46	48-50	52-54
HIP (Inches)	33.5-35.5	37.5-39.5	41.5-43	44.5-46	47.5-49	50.5-52	53.5-55

LADIES BODY MEASUREMENTS						
SIZE	XS	S	M	L	XL	2XL
	0-2	4-6	8-10	12-14	16-18	20
HEIGHT (Inches)	5'5"	5'6"	5'7"	5'8"	5'9"	5'10"
BUST (Inches)	31.5-33	33.5-35	35.5-37	37.5-40	40.5-43	43.5-46
WAIST (Inches)	23.5-25	25.5-27	27.5-29	29.5-32	32.5-35	35.5-38

YOUTH BODY MEASUREMENTS					
SIZE	XS	S	M	L	XL
	6-7	8-9	10-12	14-16	18-20
HEIGHT (Inches)	3'7"-3'10.5"	3'11"-4'4.5"	4'3"-4'10.5"	4'11"-5'4.5"	5'5"-5'8.5"
CHEST (Inches)	24.5-26	26.5-28	28.5-30	30.5-33	33.5-36
WAIST (Inches)	20.5-22	22.5-24	24.5-26	26.5-29	29.5-32

## CHEER UNIFORM SIZE CHART

LADIES BODY MEASUREMENTS					
SIZE	S	M	L	XL	2XL
	0-1	4-5	6-8	10-12	14-16
CHEST (Inches)	30-32	33-35	36-38	39-41	42-44
WAIST (Inches)	22-24	25-27	28-30	31-33	34-36
SKIRT LENGTH (Inches)	14½	15	15½	16	16½
CHEST (Centimeters)	76-81	84-89	91-97	99-104	107-112
WAIST (Centimeters)	56-61	64-69	71-76	79-84	86-91
SKIRT LENGTH (Centimeters)	37	38	39	41	42

GIRLS BODY MEASUREMENTS					
SIZE	XXS	XS	S	M	L
	3T	4-5	6-8	10-12	14-16
CHEST (Inches)	20½-22½	23½-25	26-27½	28½-30	31-33
WAIST (Inches)	15½-17½	18½-19½	20½-21½	22½-23½	24½-26½
SKIRT LENGTH (Inches)	10½	11½	12	12½	13

**GIRLS BODY MEASUREMENTS**

CHEST (Centimeters)	52-57	60-64	66-70	72-76	79-84
WAIST (Centimeters)	39-44	47-50	52-55	57-60	62-67
SKIRT LENGTH (Centimeters)	27	29	30	32	33

**SOCKS**

SOCK SIZE	Shoe Size			Foot Length	
	YOUTH	LADIES	ADULT	INCHES	CENTIMETERS
XS (5-7)	9-13			6-7.5	15-19
S (7-9)	1-3	4-5		7.75-8.5	20-22
M (9-11)	4-7	5.5-10.5	4.5-7.5	8.5-10	22-25
L (10-13)		10.5-12	8-13	10-11	25-28
XL(13-15)			13-15	11.5-12.5	29-32

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