

## Youth Clothing

Size	XS	S	S+	M	M+	L	L+	XL	XL+
Numeric Size	6 - 7	8 - 9	8 - 9 Plus	10 - 12	10 - 12 Plus	14 - 16	14 - 16 Plus	18 - 20	18 - 20 Plus
Age	7 - 8	8 - 10	8 - 10	10 - 12	10 - 12	12 - 13	12 - 13	13 - 15	13 - 15
Height (in.)	48 - 50	50 - 54	50 - 54	54 - 58	54 - 58	58 - 62	58 - 62	62 - 67	62 - 67
Chest (in.)	25.5 - 26	26 - 27	28 - 30	27 - 29.5	30 - 33	29.5 - 32	33 - 36	32 - 35	36 - 38.5
Waist (in.)	23.5 - 24	24 - 25.5	26 - 28	25.5 - 27	28 - 30	27 - 28.5	30 - 32	28.5 - 29.5	32 - 34.5
Hip (in.)	27 - 28	28 - 29.5	30 - 32	29.5 - 31.5	32 - 34	31.5 - 33.5	34 - 37	33.5 - 35	37 - 39.5

### Fit Tips

- If one of your measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.
- If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

### How To Measure

- CHEST: Measure around the fullest part of your chest, keeping the measuring tape horizontal.
- WAIST: Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.
- HIPS: Measure around the fullest part of your hips, keeping the tape horizontal.



## Men's Tops

Size	XS	S	S Tall	M	M Tall	L	L Tall	XL	XL Tall	2XL	2XL Tall	3XL	3XL Tall	4XL	4XL Tall
Chest (in.)	32.5 - 35	35 - 37.5	35 - 37.5	37.5 - 41	37.5 - 41	41 - 44	41 - 44	44 - 48.5	44 - 48.5	48.5 - 53.5	48.5 - 53.5	53.5 - 58	53.5 - 58	58 - 63	58 - 63
Waist (in.)	26 - 29	29 - 32	29 - 32	32 - 35	32 - 35	35 - 38	35 - 38	38 - 43	38 - 43	43 - 47.5	43 - 47.5	47.5 - 52.5	47.5 - 52.5	52.5 - 57	52.5 - 57
Hip (in.)	32.5 - 35	35 - 37.5	35 - 37.5	37.5 - 41	37.5 - 41	41 - 44	41 - 44	44 - 47	44 - 47	47 - 50.5	47 - 50.5	50.5 - 53.5	50.5 - 53.5	53.5 - 58.5	53.5 - 58.5
Height (in.)	57" - 60"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"

### Fit Tips

- Tall Tops Sizes (6' - 6'5"/183 - 196cm approx.): 1.75"/4.5cm approx. longer in length than regular tops. Sleeve length is adjusted proportionately depending on silhouette. Tall sizes are only available for select styles.
- If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the size indicated by your chest measurement.

### How To Measure

- CHEST: Measure around the fullest part of your chest, keeping the tape measure horizontal.
- WAIST: Measure around the narrowest part (typically where your body bends side to side), keeping the tape measure horizontal.
- HIPS: Measure around the fullest part of your hips, keeping the tape measure horizontal.

## Men's Bottoms

Size	XS	S	S Tall	M	M Tall	L	L Tall	XL	XL Tall	2XL	2XL Tall	3XL	3XL Tall	4XL	4XL Tall
Waist (in.)	< 29	29 - 32	29 - 32	32 - 35	32 - 35	35 - 38	35 - 38	38 - 43	38 - 43	43 - 47.5	43 - 47.5	47.5 - 52.5	47.5 - 52.5	52.5 - 57	52.5 - 57
Hip (in.)	< 35	35 - 37.5	35 - 37.5	37.5 - 41	37.5 - 41	41 - 44	41 - 44	44 - 47	44 - 47	47 - 50.5	47 - 50.5	50.5 - 53.5	50.5 - 53.5	53.5 - 58.5	53.5 - 58.5
Leg Length (in.)	< 32.25	32.25	34.25	32.5	34.5	32.75	34.75	33	35	33.25	35.25	33.5	35.5	33.75	35.75
Height (in.)	57" - 60"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"	57" - 60"	60" - 65"

### Fit Tips

- Tall Bottoms Sizes: (6' - 6'5"/183 - 196cm approx.): Inseam is 2" (5cm approx.) longer in length and 1/2" (2cm approx.) longer in rise than our regular fit.
- Tall sizes are only available for select styles. Inseam refers to the length of the garment, from the crotch seam to the hem.
- If one of your body measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your body measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

### How To Measure

- WAIST: Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.
- HIPS: Measure around the fullest part of your hips, keeping the tape horizontal.
- LEG LENGTH: Measure from the top of your inner leg to the bottom of your leg.

## Men's Numeric Sizing

Size	26	28	30	32	34	36	38	40	42	44	46	48
EU	44	46	48	50	52	54	56	58	60	62	64	66
FR - IT	46	48	50	52	54	56	58	60	62	64	66	68
Waist (in.)	27.5	29.5	31.5	33.5	35.5	37.5	39.5	41.5	43.5	45.5	47.5	49.5
Hip (in.)	33.5	35.5	37.5	39.5	41.5	43.5	45.5	47.5	49.5	51.5	53.5	55.5
Leg Length (in.)	32.25	32.25	32.5	32.5	32.75	32.75	33	33	33.25	33.25	33.5	33.5

### Fit Tips

- If one of your body measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your body measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.
- Note that some of our trousers have two measurements: waist and inseam. For example, size 32/34 (or 32x34) has a 32-inch waist and a 34-inch inseam, where inseam refers to the length of the garment, from the crotch seam to the hem.

### How To Measure

- WAIST: Measure around the narrowest part of your waist (typically where your body bends side to side), keeping the tape horizontal.
- HIPS: Measure around the fullest part of your hips, keeping the tape horizontal.
- LEG LENGTH: Measure from the top of your inner leg to the bottom of your leg.

## Women's Tops

Nike (M) maternity sizes fit true to pre-pregnancy sizes.

Size	XXS	XS	S	M	L	XL	2XL	1X	2X	3X
Bust (in.)	27.5 - 29.5	29.5 - 32.5	32.5 - 35.5	35.5 - 38	38 - 41	41 - 44.5	44.5 - 48.5	45 - 49	49 - 53	53 - 57
Waist (in.)	21.25 - 23.5	23.5 - 26	26 - 29	29 - 31.5	31.5 - 34.5	34.5 - 38.5	38.5 - 42.5	41 - 45	45 - 49	49 - 53
Hip (in.)	30.5 - 33	33 - 35.5	35.5 - 38.5	38.5 - 41	41 - 44	44 - 47	47 - 50	46 - 50	50 - 54	54 - 58

### Fit Tips

- Tall Top Sizes (5'8" - 6"/173 - 183cm approx.): 1.75" (4.5cm approx.) longer in length than regular tops. Sleeve length is adjusted proportionately depending on the silhouette. Tall Sizes are only available for selected styles.
- If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for bust and waist correspond to two different suggested sizes, order the size indicated by your bust measurement.

### How To Measure

- BUST: Measure around the fullest part of your bust, keeping the measuring tape horizontal.
- WAIST: Measure around the narrowest part of your waist (typically where your body bends side to side), keeping the tape horizontal.
- HIPS: Measure around the fullest part of your hips, keeping the tape horizontal.

## Women's Bottoms

Nike (M) maternity sizes fit true to pre-pregnancy sizes.

Size	XXS	XS	S	M	L	XL	2XL	1X	2X	3X
Waist (in.)	21.25 - 23.5	23.5 - 26	26 - 29	29 - 31.5	31.5 - 34.5	34.5 - 38.5	38.5 - 42.5	41 - 45	45 - 49	49 - 53
Hip (in.)	30.5 - 33	33 - 35.5	35.5 - 38.5	38.5 - 41	41 - 44	44 - 47	47 - 50	46 - 50	50 - 54	54 - 58
Height (in.)	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"	5'4" - 5'8"

### International Size Conversions

Size	XXS	XS	S	M	L	XL	2XL	1X	2X	3X
US	00	0 - 2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	16W - 18W	20W - 22W	24W - 26W
UK	2	4 - 6	8 - 10	12 - 14	16 - 18	20 - 22	24 - 26	22 - 24	26 - 28	30 - 32
EU	30	32 - 34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54	50 - 52	54 - 56	58 - 60
FR	32	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52	54 - 56	52 - 54	56 - 58	60 - 62
IT	34	36 - 38	40 - 42	44 - 46	48 - 50	52 - 54	56 - 58	54 - 56	58 - 60	62 - 64

### Fit Tips

- Short Bottoms Sizes (5'4"/163cm approx. and under): Inseam is 2" (5cm approx.) shorter in length and 3/8" (1cm approx.) shorter in rise than our regular fit.
- Tall Bottoms Sizes: (5'8" - 6"/173 - 183cm approx.): Inseam is 2" (5cm approx.) longer in length and 1/2" (2cm approx.) longer in rise than our regular fit.
- Tall and Short sizes are only available for select styles. Inseam refers to the length of the garment, from the crotch seam to the hem.
- If one of your body measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your body measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

### How To Measure

- WAIST: Measure around the narrowest part (typically where your body bends side to side), keeping the tape horizontal.
- HIPS: Measure around the fullest part of your hips, keeping the tape horizontal.

## Shoes

US - Men's	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5
US - Women's	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14
UK	3	3.5	4	4.5	5	5.5	6	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5
CM	22.5	23	23.5	23.5	24	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5
EU	35.5	36	36.5	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5	45	45.5	46	47
US - Men's	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5	22
US - Women's	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21	21.5	22	22.5	23	23.5
UK	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	19.5	20	20.5	21
CM	31	31.5	32	32.5	33	33.5	34	34.5	35	35.5	36	36.5	37	37.5	38	38.5	39	39.5	40
EU	47.5	48	48.5	49	49.5	50	50.5	51	51.5	52	52.5	53	53.5	54	54.5	55	55.5	56	56.5