

FREE SIZE GUIDE

from

HOUSE OF KIENI
House of Kieni's Fashion

*All measurements are in inches

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*All measurements are in inches

SIZE CONVERSION GUIDE

Thank you for signing up to receive this size guide. It is a compilation of sizing information gathered from the internet and my own personal experience. I have found it very useful in my work as a knitwear designer.

It will be very helpful to you if you are a fashion designer. Sometimes you may need to make clothing for someone whom you cannot physically measure. Having a standard size chart helps you to create patterns, and garments in such a situation.

*All measurements are in inches

Also, if you regularly shop online or from vendors carrying fashion items from different countries, this guide will help you choose the appropriate size for your measurements.

Please note that the body measurements in this guide are actual body measurements with no ease added. All measurements are in INCHES. Also, note that this guide serves as just that - A GUIDE. Different clothing manufacturers may have their own size charts for purchasing their clothing.

*All measurements are in inches

This size guide will be updated periodically. If you have any questions regarding this size guide, kindly send me an email at kienisfashion@gmail.com.

If you would like to learn how to use this size guide to create knitting patterns for sweaters, skirts, dresses and more, register for one of our online courses.

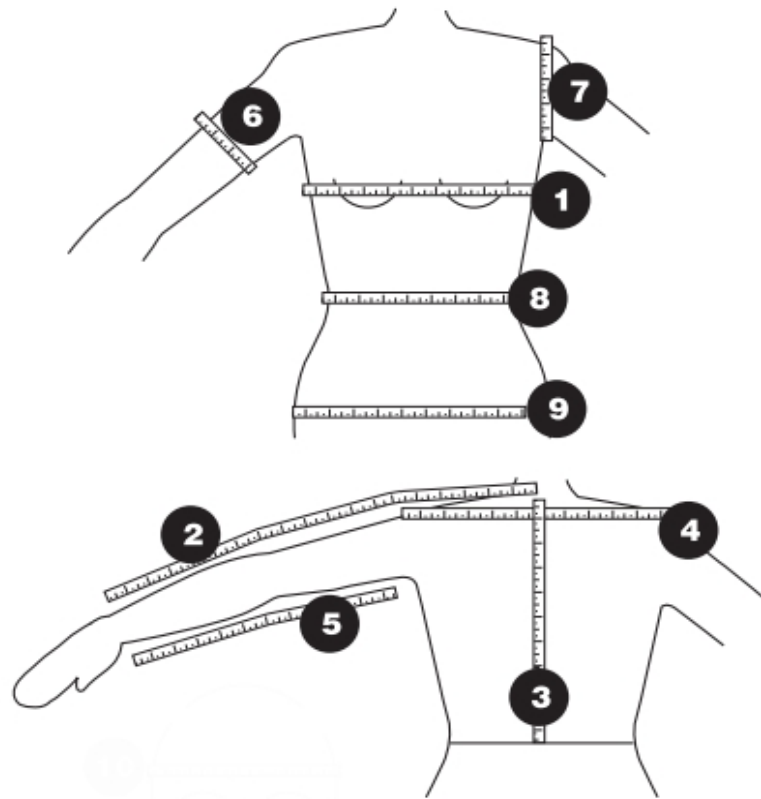
ONLINE COURSES

- 1 A Beginners Guide to Machine Knitting
- 2 Advanced Knitting Techniques

Available at
kieni-s-fashion-knitting-school.teachable.com

*All measurements are in inches

How to Measure



*All measurements are in inches

How to Measure

1. Chest/Bust—Measure around the fullest part of the chest/bust. Do not draw the tape too tightly.
2. Center Back Neck-to-Wrist— With arm straight, measure from back base of neck, across shoulder, and along arm to wrist.
3. Back Waist Length—Measure from the most prominent bone at base of neck to the natural waistline.
4. Cross Back—Measure from shoulder to shoulder.
5. Arm Length—With arm slightly bent, measure from armpit to wrist.
6. Upper Arm—Measure around the widest section of the upper arm located above the elbow.
7. Armhole Depth—Measure from the top outside edge of the shoulder down to the armpit.
8. Waist—Measure your waist at the smaller circumference of your natural waist, usually just above the belly button.
9. Hip—Measure at the widest part of your lower hip.
10. Head Circumference—For an accurate head measure, place a tape measure across the forehead and measure around the full circumference of the head. Keep the tape snug for accurate results.

*All measurements are in inches

BUST/CHEST FIT AND EASE CHART

Very close fitting, negative ease:	Very tight fit, smaller than your actual bust/chest measurement.
	Approximately 2" to 4" (5 to 10cm) less than your actual bust/ chest measurement
Close fitting, zero ease:	Body skimming, your actual bust/ chest measurement.
Standard fit, some positive ease:	Comfortable fit slightly larger than actual bust/chest measurement.
	Approximately 2" to 4" (5 to 10cm) more than your actual bust/ chest measurement
Loose fit, more positive ease:	Slightly oversized fit, larger than your actual bust/chest measurement.
	Approximately 4" to 6" (10 to 15cm) more than your actual bust/chest measurement
Oversized, generous positive ease:	Very loose fit, much larger than your actual bust/chest measurement.
	Approximately 6+" (15+cm) more than your actual bust/chest measurement

*All measurements are in inches

LENGTH CHART

	CHILD	WOMAN	MAN
Back Waist Length	Actual body measurement	Actual body measurement	
Hip Length	2"/5cm down from waist	6"/15cm down from waist	Men's length usually varies only 1-2"/2.5-5cm from the actual "back hip length" measurement
Tunic Length	6"/15cm down from waist	11"/28cm down from waist	

*All measurements are in inches

BABY

US SIZE	3-6m	6-12m	12-18m	18-24m	23/24m
UK SIZE	3m	6m	12m	18mo	24m
AGE	3mo	6mo	12mo	18mo	24mo
1 CHEST	16	17	18	19	20
2 CENTER BACK NECK - TO - WRIST	10.5	11.5	12.5	14	18
3 BACK WAIST LENGTH	6	7	7.5	8	8.5
4 CROSS BACK (SHOULDER TO SHOULDER)	7.25	7.75	8.25	8.5	8.75
5 ARM LENGTH TO UNDERARM	6	6.5	7.5	8	8.5
6 UPPER ARM	5.5	6	6.5	7	7.5
7 ARMHOLE DEPTH	3.25	3.5	3.75	4	4.25
8 WAIST	18	19	20	20.5	21
9 HIPS	19	20	20	21	22
10 SHOULDER TO THIGHS		14	17	18	19
11 SHOULDER TO KNEE		14.25	17.5	19	20
12 SHOULDER TO CALF		14.88	18.25	20	21.25
13 SHOULDER TO ANKLE		15.38	19	21	22

*All measurements are in inches

CHILD

US SIZE	2T	4T	6	7 to 8	10
UK SIZE	2-3	4-5	5-6	7 - 8	9 -10
AGE	2	4	6	8	10
1 CHEST	21	23	25	26.5	28
2 CENTER BACK NECK - TO - WRIST	18	19.5	20.5	22	24
3 BACK WAIST LENGTH	8.5	9.5	10.5	12.5	14
4 CROSS BACK (SHOULDER TO SHOULDER)	9.25	9.75	10.25	10.75	11.25
5 ARM LENGTH TO UNDERARM	8.5	10.5	11.5	12.5	13.5
6 UPPER ARM	7	7.5	8	8.5	8.75
7 ARMHOLE DEPTH	4.25	4.75	5	5.5	6
8 WAIST	21	21.5	22.5	23.5	24.5
9 HIPS	22	23.5	25	28	29.5
10 SHOULDER TO THIGHS	19	23	26	28.5	29
11 SHOULDER TO KNEE	20	24.75	28.25	31.25	32
12 SHOULDER TO CALF	22	30	34	37.25	38.5
13 SHOULDER TO ANKLE	22	33.5	38	42	44

*All measurements are in inches

YOUTH

US SIZE		14	16	18
UK SIZE		12	14	16
AGE		12	14	16
1	CHEST	30	31.5	32.5
2	CENTER BACK NECK - TO - WRIST	26	27	28
3	BACK WAIST LENGTH	15	15.5	16
4	CROSS BACK (SHOULDER TO SHOULDER)	12	12.25	13
5	ARM LENGTH TO UNDERARM	15	16	16.5
6	UPPER ARM	9	9.25	9.5
7	ARMHOLE DEPTH	6.5	7	7.5
8	WAIST	25	26.5	27.5
9	HIPS	31.5	33	35.5

*All measurements are in inches

WOMEN

NUMERIC SIZE (US)		00 - 2	4-6	8-10	12-14	16
NUMERIC SIZE (UK)		2-6	8-10	12-14	16-18	20
SIZE (US)		X-Small	Small	Medium	Large	X-Large
1	CHEST	28-30	32-34	36-38	40-42	44-46
2	CENTER BACK NECK - TO - WRIST	26-26.5	27-27.5	28-28.5	29-29.5	29-29.5
3	BACK WAIST LENGTH	16.5	17	17.25	17.5	17.75
4	CROSS BACK (SHOULDER TO SHOULDER)	14-14.5	14.5-15	15.5-16	16.5-17	17.5
5	ARM LENGTH TO UNDERARM	16.5	17	17	17.5	17.5
6	UPPER ARM	9.75	10.25	11	12	13.5
7	ARMHOLE DEPTH	6-6.5	6.5-7	7-7.5	7.5-8	8-8.5
8	WAIST	23-24	25-26.5	28-30	32-34	36-38
9	HIPS	33-34	35-36	38-40	42-44	46-48

*All measurements are in inches

WOMEN CONT'D

NUMERIC SIZE (US)		18	20	22	24
NUMERIC SIZE (UK)		22	24	26	28
SIZE (US)		2X	3X	4X	5X
1	CHEST	48-50	52-54	56-58	60-62
2	CENTER BACK NECK - TO - WRIST	30-30.5	30.5-31	31.5-32	31.5-32
3	BACK WAIST LENGTH	18	18	18.5	18.5
4	CROSS BACK (SHOULDER TO SHOULDER)	18	18	18.5	18.5
5	ARM LENGTH TO UNDERARM	18	18	18.5	18.5
6	UPPER ARM	15.5	17	18.5	19.5
7	ARMHOLE DEPTH	8.5-9	9-9.5	9.5-10	10-10.5
8	WAIST	40-42	44-45	46-47	49-50
9	HIPS	52-53	54-55	56-57	61-62

*All measurements are in inches

WOMEN DRESS LENGTHS

SHOULDER TO THIGHS (MICRO)	30-32
SHOULDER TO THIGHS (MINI)	34-35
SHOULDER TO JUST ABOVE THE KNEE	36-37
SHOULDER TO KNEE	39-40
SHOULDER TO JUST BELOW THE KNEE	41-43
SHOULDER TO CALF	45-47
SHOULDER TO ANKLE	55-57
SHOULDER TO FLOOR (MAXI)	60-62

*All measurements are in inches

MAN

NUMERIC SIZE (UK/US/AUS)		34-36	38-40	42-44	46-48
NUMERIC SIZE (EU/JAPAN)		44 -46	48 - 50	52 - 54	56 - 58
SIZE (US)		Small	Medium	Large	X-Large
1	CHEST	34-36	38-40	42-44	46-48
2	CENTER BACK NECK - TO - WRIST	32-32.5	33-33.5	34-34.5	35-35.5
3	BACK WAIST LENGTH	23-24	25-26.5	26-27	28
4	CROSS BACK (SHOULDER TO SHOULDER)	15.5-16	16.5-17	17.5-18	18-18.5
5	ARM LENGTH TO UNDERARM	18	18.5	19.5	20
6	UPPER ARM	12	13	15	15.5
7	ARMHOLE DEPTH	8.5-9	9-9.5	9.5-10	10-10.5
8	WAIST	28-30	32-34	36-38	42-44
9	HIPS	35-37	39-41	43-45	47-49

*All measurements are in inches

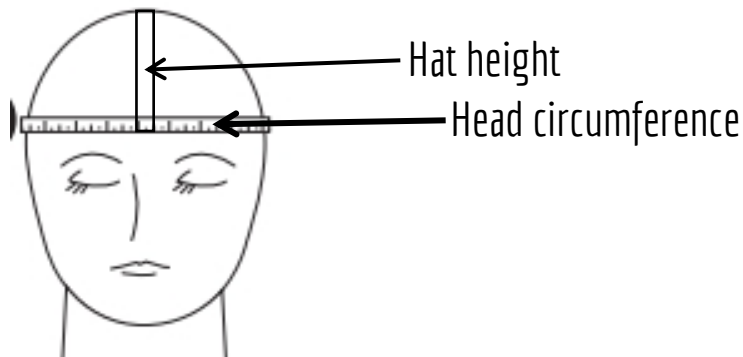
MAN CONT'D

NUMERIC SIZE (US/UK/AUS)		50-52	54-56	58-60	62-64
NUMERIC SIZE (EU/JAPAN)		60 - 62	64 - 66	68 - 70	72 - 74
SIZE (US)		2X	3X	4X	5X
1	CHEST	50-52	54-56	58-60	62-64
2	CENTER BACK NECK - TO - WRIST	36-36.5	37-37.5	38-38.5	39-39.5
3	BACK WAIST LENGTH	29	30	30	31
4	CROSS BACK (SHOULDER TO SHOULDER)	19-20	20-21	21-21.5	22-22.5
5	ARM LENGTH TO UNDERARM	20.5	20.5	21	21.5
6	UPPER ARM	16.5	17.5	18.5	20
7	ARMHOLE DEPTH	11	11.5	12	12.5
8	WAIST	46-48	50-52	54-56	58-60
9	HIPS	51-53	54-56	56-58	58-60

*All measurements are in inches

HEAD SIZE CHART

AGE	0-3Mo	3-6Mo	6-12Mo	1-3Years	3-12Years	12 - Adult
HEAD CIRCUMFERENCE	13" - 14"	14" - 16"	16" - 18"	18"-20"	20" - 22"	22" - 24"
HAT WIDTH	12"	14"	14"-16"	16"-18"	18"-20"	20"-22"
HAT HEIGHT	6"	6.25"	6.75"	7"	8"	8.5" - 9"



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BLANKET SIZE CHART

TYPE	WIDTH	LENGTH
Lovey	12"	12"
Stroller	14"	17"
Receiving	40"	40"
Toddler	42"	52"
Swaddle	47"	47"
Wheelchair lapghan	36"	48"
Throw	52"	60"
Twin	66"	90"
Full/Queen	90"	90"
King	108"	108"

*All measurements are in inches

REFERENCES

- 1 Standards and Guidelines for Crochet and Knitting (yarnstandards.com)
- 2 Cartrollers Online Shopping Mall (cartrollers.com)
- 3 Liveaboutdotcom (liveabout.com)
- 4 Sizechart.com
- 5 Made by Marzipan (madebymarzipan.com)