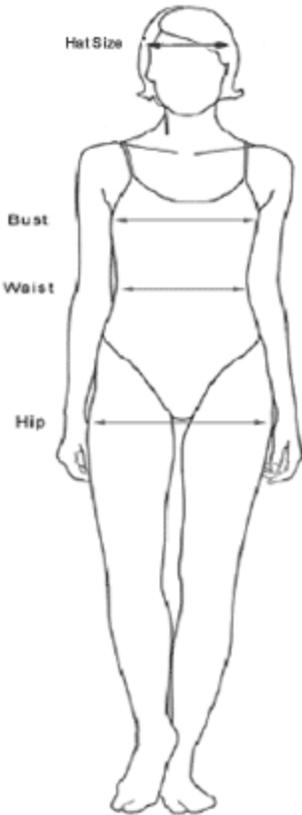


Women's Navy Measurement Guidelines & Sizing Charts

Women's uniforms come in 3 different body types: Junior (J); Misses (M) and Women's (W)? The junior is 2" smaller in the hip than the misses and 4" smaller than the women's. They also come in 3 lengths to accommodate your height: petite (5' 3/4" and under); regular (5' 3/4" – 5' 7") and tall (5' 7" and above).



TO DETERMINE YOUR BEST SIZE:

1. If possible, have measurements taken by a qualified tailor or fitter as described below.

Bust: With arms relaxed down at sides, measure over the fullest part of your bust, keeping tape parallel to the floor.

Waist: Measure around your natural waistline; keep your measuring tape comfortably loose. Don't measure over clothing.

Hip: Stand with heels together. Measure around the fullest part of you hips.

Sleeve Length: Stand with arms relaxed. Measure from the bone in the center if the back of the seam, and continue around the elbow to the wrist bone.

2. Use the chart to predict your size. For example, a 12MR has the following measurements:

Bust 37 1/2", Waist 29 1/2", Height 5'5".

3. Determine the correct fit. For a skirt or slacks, fit the waist. In the example above, if the 12MR hip is too big, try a 12JR. If the hip is too small, try a 12WR. If the waist is too tight, try the next size. For a jumper or dress coat, fit the bust. Adjust the type to fit the hip.

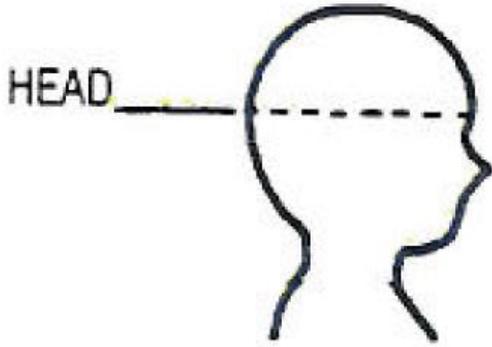
JUNIORS						
Height:: Petite (5' 3/4" and under)	Regular (5'3/4"–5' 7")			Tall (5' 7" and above)		
Size	6J	8J	10J	12J	14J	16J
Bust	33 1/2	34 1/2	36	37 1/2	39	41
Waist	25 1/2	26 1/2	28	29 1/2	31	33
Hip	34	35	36 1/2	38	39 1/2	41 1/2

MISSES												
Height: Petite (5' 3/4" and under)	Regular (5'3/4"–5' 7")							Tall (5' 7" and above)				
Size	4M	6M	8M	10M	12M	14M	16M	18M	20M	22M	24M	26M
Bust	32 1/2	33 1/2	34 1/2	36	37 1/2	39	41	43	45	47	49	51
Waist	24 1/2	25 1/2	26 1/2	28	29 1/2	31	33	35	37	39	41	43
Hip	35	36	37	38 1/2	40	41 1/2	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2	53 1/2

WOMENS												
Height: Petite (5' 3/4" and under)	Regular (5'3/4"–5' 7")							Tall (5' 7" and above)				
Size	4W	6W	8W	10W	12W	14W	16W	18W	20W	22W	24W	26W
Bust	32 1/2	33 1/2	34 1/2	36	37 1/2	39	41	43	45	47	49	51
Waist	24 1/2	25 1/2	26 1/2	28	29 1/2	31	33	35	37	39	41	43
Hip	37	38	39	40 1/2	42	43 1/2	45 1/2	47 1/2	49 1/2	51 1/2	53 1/2	55 1/2

How to Measure for Women's Hats and Garrison Cap Conversion

Women's hats are sized by the actual circumference of the head in inches and comes in sizes 20, 20½, 21, 21½, etc. Measure as shown in Figure below.



If Hat Size is...	Garrison Cap Size Will Be...
20	6 3/8
20 1/2	6 1/2
21	6 5/8
-----	6 3/4
21 1/2	6 7/8
22	7
-----	7 1/8
22 1/2	7 1/4
23	7 3/8
23 1/2	7 1/2
-----	7 5/8
24	7 3/4
24 1/2	7 7/8
-----	8

How to Measure for Men's Hats and Garrison Cap Conversion

Men's hats are sized numerically by whole numbers and fraction (1/8, 1/4, 1/2, etc.) Measure the circumference of the head as shown in the figure above and divide by 3.125 to get an estimated size. Use the table below to choose the right cover size.

If Hat Size is...	Cover Size Will Be...
6 3/8	XS
6 1/2	XS
6 5/8	S
6 3/4	S
6 7/8	S
7	M
7 1/8	M
7 1/4	M
7 3/8	L
7 1/2	L
7 5/8	L
7 3/4	XL
7 7/8	XL
8	XL

Men's Navy Measurement Guidelines & Sizing Charts

Instructions for Measuring:

- If possible, have measurements taken by a qualified tailor or fitter.
- Take measurements of the individual, not the desired garments.
- Hold tape firmly, never loosely when taking measurements.
- For coat measurements, take all measurements over dress shirt.
- Wear regulation shoes when measurements are being taken.

How to Measure for Men's Long Sleeve Shirts:

Men's shirts are sized by the neck and outside sleeve measurement.

- Measure neck as shown in figure to the right:
- For long sleeve measurement raise and bend the arm at a right angle parallel to the floor with palms down. Measure from center of back to sleeve seam, continue around the elbow to the wrist bone as shown in figure 2 below. The length desired by most men is about one inch below the center of the wrist.

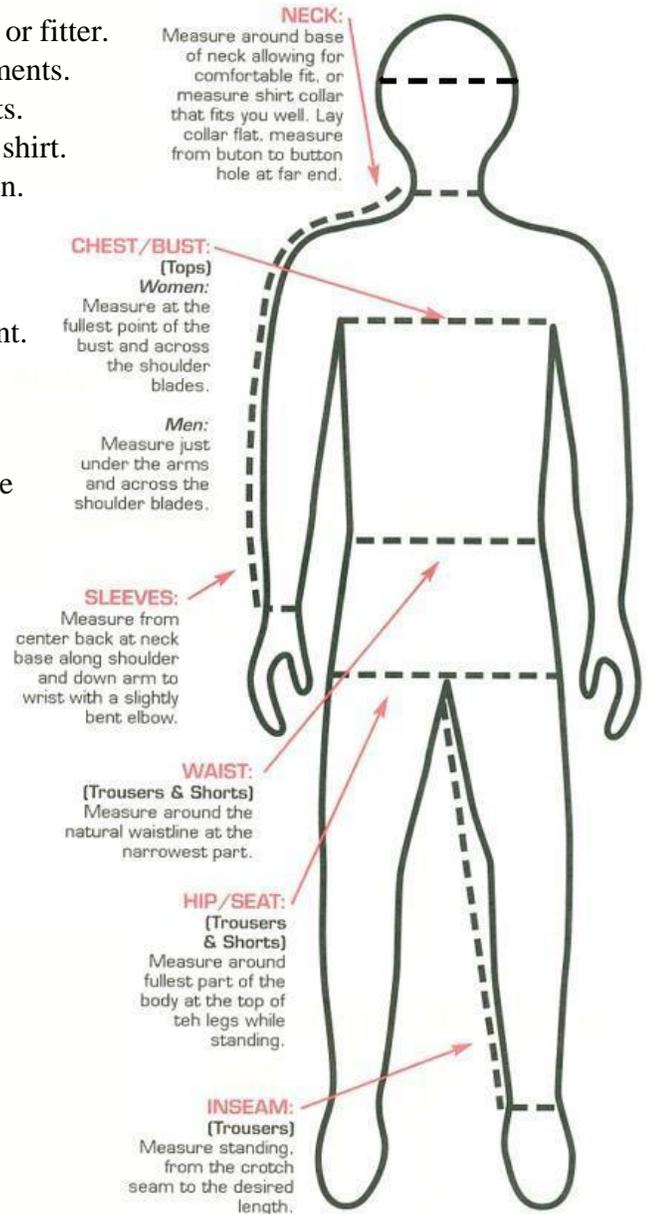


FIG 2

How to Measure for Men's Short Sleeve Shirts:

Men's short sleeve shirts are generally sized small, medium, medium/large, large, etc. Take a neck measurement as shown in figure 1 above and a chest measurement as shown in figure 3. Using the results, go to the table below to calculate the size.

If neck measures:	and chest measures:	then your size is:
14 - 14 ½	34" - 36"	Small
15 - 15 ½	38" - 40"	Medium
15 ½ - 16	41"	Med/Large
16 - 16 ½	42" - 44"	Large
17 - 17 ½	46" - 48"	X-Large
18 - 18 ½	50" - 52"	XX-Large
19 - 19 ½	54" - 56"	XXX-Large



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SIZE CHART (Male)

NAME: _____
Last First MI

Weight--without cloths: _____

Height (Without shoes): _____ feet & inches _____ inches only

Height: Stand in stocking feet, with feet together, back to the wall. Measure from top of head to the floor.

Head measurement: _____ Inches + additional fractions in 1/8s) Example: 22 5/8"

Head: Measure around your head, from the center of your forehead, keeping tape straight and parallel to the floor, measure around fullest part, measure right above the eyebrows and ears, taking care to keep the tape measure straight all the way round.

Waist measurement: _____ Inches + 1/8 fractions (Example: 32 3/8")

Waist: Measure your waist, over your body (not over your shirt or pants) at the height you normally wear your pants.

Chest measurement: _____ Inches + 1/8th fractions (Example 42 3/8")

Chest: With the arms relaxed down at sides, measure fullest part of bust/chest, keeping tape parallel to floor.

Neck measurement: _____ Inches + 1/8 fractions (Example: 15 1/8")

Neck: Measure around base of the neck (the lowest point of the neck). Number of inches equals the neck size..

Inseam measurement: _____ Inches + 1/4th fractions (Example: 32 3/4")

Inseam: Take a pair of pants that fits you well. Measure from the crotch seam to the bottom of the pants. Number of inches equal inseam length. Inseam: Take a pair of pants that fits you well. Measure from the crotch seam to the bottom of the pants. Number of inches equals inseam length

Arm measurement: _____ Inches + 1/4th fractions (Example: 34 1/4")

Arm: Bend arm to 90 degrees. Place hand on hip. Start at center of back of neck. Measure across the shoulder to the elbow and down to the wrist. Number of inches equals your sleeve length.

Shoe measurement to include "width": _____ (Example: 12 Wide/11 Regular/ 10 Narrow)

Style: OXFORD/Dress type

The size trouser I wear now: _____

The size dress coat I wear now: _____

***Form to be scanned and e-mailed to: nrotc@osu.edu**

NROTC The Ohio State Univ.

SIZE CHART (Female)

NAME: _____
Last First MI

Weight (without cloths): _____

Height (Without shoes): _____ feet & inches _____ inches only

Height: Stand in stocking feet, with feet together, back to the wall. Measure from top of head to the floor.

Head measurement: _____ Inches + additional fractions in 1/8s) Example: 22 5/8" **Head:**

Measure around your head, from the center of your forehead, keeping tape straight and parallel to the floor, measure around fullest part, measure right above the eyebrows and ears, taking care to keep the tape measure straight all the way round.

Bust measurement: _____ Inches + 1/4th fractions (Example 34 1/4')

Bust: With the arms relaxed down at sides, measure over the fullest part keeping tape parallel to floor.

Waist measurement: _____ Inches + 1/4" fractions (Example: 28 3/4")

Waist: Measure around your natural waistline; keep the measuring tape comfortably loose. Don't measure over clothing.

Hip measurement: _____ Inches + 1/4 fractions (Example: 30 1/2")

Waist: Measure around your natural waistline; keep the measuring tape comfortably loose. Don't measure over clothing.

Neck measurement: _____ Inches + 1/8 fractions (Example: 15 1/8")

Neck: Measure around base of the neck (the lowest point of the neck). Number of inches equals the neck size. Inseam: Take a pair of pants that fits you well. Measure from the crotch seam to the bottom of the pants. Number of inches equals inseam length.

Arm measurement: _____ Inches + 1/4th fractions (Example: 34 1/4")

Arm: Bend arm to 90 degrees. Place hand on hip. Start at center of back of neck. Measure across the shoulder to the elbow and down to the wrist. Number of inches equals your arm length.

Shoe measurement to include "width": _____ (Example: 12 Wide/11 Regular/ 10 Narrow)

Style = OXFORD/Dress type shoes

The size trouser I wear now: _____

The size dress coat I wear now: _____

***Form to be scanned and e-mailed to: nrotc@osu.edu**