

Complete U.S. Size Conversion & Measurement Guide

Clothing may generally run 1–2 sizes smaller than U.S. standards. Refer to the size chart for accurate conversions between Asia and American measurements.

Women's Clothing

Chinese	U.S.	Bust (in/cm)	Waist (in/cm)	Hips (in/cm)
XS	XXS	30–31 / 76–79	22–23 / 56–58	32–33 / 81–84
S	XS	32–33 / 81–84	24–25 / 61–64	34–35 / 86–89
M	S	34–35 / 86–89	26–27 / 66–69	36–37 / 91–94
L	M	36–37 / 91–94	28–29 / 71–74	38–39 / 97–99
XL	L	38–39 / 97–99	30–31 / 76–79	40–41 / 102–104
2XL	XL	40–41 / 102–104	32–33 / 81–84	42–43 / 107–109
3XL	2XL	42–43 / 107–109	34–35 / 86–89	44–45 / 112–114
4XL	3XL	44–45 / 112–114	36–37 / 91–94	46–47 / 117–119
5XL	4XL	46–47 / 117–119	38–39 / 97–99	48–49 / 122–124
6XL	5XL	48–49 / 122–124	40–41 / 102–104	50–51 / 127–130
7XL	5XL+	50–51 / 127–130	42–43 / 107–109	52–53 / 132–135

Men's Clothing

Chinese	U.S.	Chest (in/cm)	Waist (in/cm)	Height (cm/in)
XS	XXS	33–34 / 84–86	27–28 / 69–71	160 / 63
S	XS	35–36 / 89–91	29–30 / 74–76	165 / 65
M	S	37–38 / 94–97	31–32 / 79–81	170 / 67
L	M	39–40 / 99–102	33–34 / 84–86	175 / 69
XL	L	41–42 / 104–107	35–36 / 89–91	180 / 71
2XL	XL	43–44 / 109–112	37–38 / 94–97	185 / 73
3XL	2XL	45–46 / 114–117	39–40 / 99–102	190 / 75
4XL	3XL	47–48 / 119–122	41–42 / 104–107	195 / 77
5XL	4XL	49–50 / 124–127	43–44 / 109–112	200 / 79
6XL	5XL	51–52 / 130–132	45–46 / 114–117	205 / 81
7XL	5XL+	53–54 / 135–137	47–48 / 119–122	210 / 83

Women's Shoes

Chinese	U.S.	Foot Length (cm/in)
34	4.5	21.5 / 8.5
35	5	22 / 8.7
36	6	23 / 9.1
37	6.5	23.5 / 9.3
38	7.5	24 / 9.4
39	8.5	24.5 / 9.6
40	9	25 / 9.8
41	9.5	25.5 / 10.0
42	10	26 / 10.2

Men's Shoes

Chinese	U.S.	Foot Length (cm/in)
39	6.5	24.5 / 9.6
40	7	25 / 9.8
41	8	25.5 / 10.0
42	8.5	26 / 10.2
43	9	26.5 / 10.4
44	9.5	27 / 10.6
45	10.5	28 / 11.0
46	11.5	29 / 11.4
47	12	29.5 / 11.6

Infant & Toddler Clothing

Chinese	U.S.	Age	Height (cm/in)
59	0-3M	0-3 mo	55-61 / 22-24
66	3-6M	3-6 mo	62-68 / 24-27
73	6-12M	6-12 mo	69-74 / 27-29
80	12-18M	12-18 mo	75-80 / 29-31
90	18-24M	18-24 mo	81-90 / 32-35

Infant & Toddler Shoes

Chinese	U.S.	Foot Length (cm/in)
16	1	9.5 / 3.7
17	2	10 / 3.9
18	3	10.5 / 4.1
19	4	11.5 / 4.5
20	5	12 / 4.7
21	5.5	12.5 / 4.9
22	6	13 / 5.1
23	7	13.5 / 5.3
24	8	14 / 5.5
25	8.5	14.5 / 5.7
26	9	15 / 5.9

Girls' Clothing

Chinese	U.S.	Age	Height (cm/in)
100	3T-4T	3-4	95-105 / 37-41
110	5	4-5	105-115 / 41-45
120	6-7	6-7	115-125 / 45-49
130	8	8	125-135 / 49-53
140	10	9-10	135-145 / 53-57
150	12	11-12	145-155 / 57-61
160	14	13-14	155-160 / 61-63

Teen Girls' Shoes

Chinese	U.S.	Foot Length (cm/in)
36	6	23 / 9.1
37	6.5	23.5 / 9.3
38	7.5	24 / 9.4
39	8	24.5 / 9.6
40	8.5	25 / 9.8
41	9	25.5 / 10.0

Teen Boys' Clothing

Chinese	U.S.	Chest (in/cm)	Waist (in/cm)	Height (cm/in)
160	XS	33 / 84	27 / 69	160 / 63
165	S	35 / 89	29 / 74	165 / 65
170	M	37 / 94	31 / 79	170 / 67
175	L	39 / 99	33 / 84	175 / 69
180	XL	41 / 104	35 / 89	180 / 71

Teen Boys' Shoe

Chinese Size	U.S. Size	Foot Length (cm)	Foot Length (in)
36	6	23	9.1
37	6.5	23.5	9.3
38	7.5	24	9.4
39	8	24.5	9.6
40	8.5	25	9.8
41	9	25.5	10.0

How to Measure & Sizing Tips

Bust/Chest: Measure around the fullest part, keeping tape horizontal.

Waist: Measure at the narrowest point above hips.

Hips: Measure around the fullest part of your lower body.

Foot Length: Trace your foot and measure from heel to toe.

For Chinese-made clothing, choose one or two sizes larger for comfort.

When between sizes, size up for a relaxed fit.