

standard garment sizing chart

Size	Chest	Back Waist Length	Armhole depth	Cross Back (Shoulder to shoulder)	Arm length to Underarm	Upper arm	Waist	Hips
XS	30" / 76cm	16.5" / 42cm	6.5" / 16.5cm	14.5" / 37cm	16.5" / 42cm	9.75" / 25cm	24" / 61cm	34" / 86cm
S	34" / 86cm	17" / 43cm	7" / 17.75cm	15" / 38cm	17" / 43cm	10.25" / 26cm	26.5" / 67.5cm	36" / 91.5cm
M	38" / 96.5cm	17.25" / 43.5cm	7.5" / 19cm	16" / 40.5cm	17" / 43cm	11" / 28cm	30" / 76cm	40" / 101.5cm
L	42" / 106.5cm	17.5" / 44.5cm	8" / 20.25cm	17" / 43cm	17.5" / 44.5cm	12" / 30.5cm	34" / 86.5cm	44" / 111.5cm
XL	46" / 117cm	17.75" / 45cm	8.5" / 21.5cm	17.5" / 44.5cm	17.5" / 44.5cm	13.5" / 34.5cm	38" / 96.5cm	48" / 122cm
2X	50" / 127cm	18" / 45.5cm	9" / 22.75cm	18" / 45.5cm	18" / 45.5cm	15.5" / 39.5cm	42" / 106.5cm	53" / 134.5cm
3X	54" / 137cm	18" / 45.5cm	9.5" / 24.25cm	18" / 45.5cm	18" / 45.5cm	17" / 43cm	45" / 114cm	55" / 139.5cm
4X	58" / 147cm	18.5" / 47cm	10" / 25.5cm	18.5" / 47cm	18.5" / 47cm	18.5" / 47cm	47" / 119cm	57" / 144.5cm
5X	62" / 158cm	18.5" / 47cm	10.5" / 26.75cm	18.5" / 47cm	18.5" / 47cm	19.5" / 49.5cm	50" / 127cm	62" / 157cm

The sizes are based on the body measurements as laid out by the Craft Yarn Council (<https://www.craftyarnCouncil.com/standards/woman-size>).

The best way to choose the right size to make for you is to:

1. make a note of your measurements
2. compare them to this chart
3. compare them to the pattern schematic