

SIZE GUIDE

MALE Children's Sizes (cm)																								
SIZE	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	20	22	24	26	28	30	32	34	
															S	M	L	XL	2XL					
To Fit Height	108	115	120	125	130	135	140	145	150	155	160	165	170	175	180									
To Fit Chest	60	62	64	66	68	70	72	74	76	78	80	82	86	88	90	95	100	105	110	115	120	125	130	
To Fit Neck	28	29	30	31	32	33	34	34.5	35	35.5	36	37	38	39	40	41	42	43	44	45	46	47	48	
To Fit Waist	56	57	58	59	60	62	64	66	68	70	72	74	76	79	82	87	92	97	102	107	112	117	122	
To Fit Hip	62	64	66	68	70	72	74	76	78	81	84	87	90	92.5	95	100	105	110	115	120	125	130	135	

MALE Adults' Sizes (cm)										
SIZE	77	82	87	92	97	102	107	112	117	122
	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
	3	4	5	6	7	8	9	10	11	12
To Fit Chest	85	90	95	100	105	110	115	120	125	130
To Fit Waist	77	82	87	92	97	102	107	112	117	122
To Fit Hip	90	95	100	105	110	115	120	125	130	135

FEMALE Children's Sizes (cm)														
SIZE	4	5	6	7	8	10	12	14	16	18	20	22	24	26
									S	M	L	XL	2XL	3XL
To Fit Height	108	115	120	125	130	140	150	160	165	170				
To Fit Bust	60	62	64	66	68	74	80	86	90	95	100	105	110	115
To Fit Neck	28	29	30	31	32	34	35	36	38	40	41	42	43	44
To Fit Waist	56	57	58	59	60	62	64	66	70	75	80	85	90	95
To Fit Hip	62	64	66	68	72	78	84	90	95	100	105	110	115	120

FEMALE Adults' Sizes (cm)											
SIZE	6A	8A	10A	12A	14A	16A	18A	20A	22A	24A	26A
	2XS	XS	S	M	L	XL	2XL	3XL	4XL	5XL	6XL
To Fit Bust	80	85	90	95	100	105	110	115	120	125	130
To Fit Waist	60	65	70	75	80	85	90	95	100	105	110
To Fit Hip	85	90	95	100	105	110	115	120	125	130	135

MIDFORD Shoes' Sizes																		
Children Unisex Sizes	10C	10.5C	11C	11.5C	12C	12.5C	13C	13.5C	1C	1.5C	2C	2.5C	3C	3.5C	4C	4.5C	5C	5.5C
Insole length (mm)	185	189	194	198	202	206	210	214	218	222	226	230	234	238	242	246	250	254
Adult Unisex Sizes	4A	4.5A	5A	5.5A	6A	6.5A	7A	7.5A	8A	8.5A	9A	9.5A	10A	10.5A	11A	11.5A	12A	12.5A
Insole length (mm)	242	246	250	254	258	261	264	268	273	277	281	285	290	294	298	302	306	310

Note: The above sizes indicate body measurements | Children's Unisex Sizes - REFER TO MALE CHILDREN SIZES | Adults' Unisex Sizes - REFER TO MALE ADULT SIZES