

GIRLGUIDING UK UNIFORM SIZING

UNIFORM - SIZE DETAILS

Girlguiding UK General Sizing Guide			
Age (Years)	Height (cms.)	Chest (inches – cms.)	Waist (inches – cms.)
3 - 4	98 – 104	22 - 56	18 - 46
5 - 6	110 – 116	24 - 61	20 - 51
7 - 8	122 – 128	26 - 66	22 - 56
9 - 10	134 – 140	28 - 71	24 - 61
11	146	30 - 76	26 - 66
12	152	32 - 81	28 - 71
13	158	34 - 86	30 - 76
14	164	36 - 91	32 - 81
15	170	38 - 96	34 - 86
16		40 - 101	
		42 - 106	

The above chart provides a very general indication of the dimensions that Girlguiding UK clothing is manufactured to and the average age that those dimensions should fit. The chart should be used with care and adapted as required. Please contact the shop for advice if you are unsure which size you should be considering. Details of sizes available in various garments follows below.

**Clothing in sizes larger may be available as a special item in some garments.
Please contact us for full details.**

RAINBOWS				
Hooded Jacket and Polo Shirt				
Size	XS	S	M	L
Height (cms.)	98 - 104	110 - 116	122 - 128	134
Jogging Pants and Cycle Shorts				
Height (cms.)	104 - 110	116 - 122	128	134
Tabards				
Size	S	M	L	
Chest (cms.)	68	76	84	
Length (cms.)	46	51	58.5	

BROWNIES									
T-Shirts, Hooded Jacket and Gilet									
Chest (inches - cms.)	22 - 56 *	24 - 61	26 - 66	28 - 71	30 - 76	32 - 81	34 - 86	36 - 91	
Height (cms.)	98 - 104	110 - 116	122 - 128	134 - 140	146	152	159	164	
Chest (inches - cms.)	38 - 96 **	40 - 102 **							
Height (cms.)	170								
* 22 is only available in Long Sleeved T Shirt and Hooded Jacket ** 38 and 40 are only available in Long Sleeved T Shirt									
Trousers, Skort, Leggings and Cycle Shorts									
Waist (inches - cms.)	20 - 51	22 - 56	24 - 61	26 - 66	28 - 71	30 - 76	32 - 81	34 - 84 *	36 - 91 **
Height (cms.)	110 - 116	122 - 128	134 - 140	146	152	158	164	170	
* 34 in only available in trousers and shorts - ** 36 is only available in shorts									

GUIDES								
Sweat Shirt, Polo Shirts Hooded jacket and Gilet								
Chest (inches - cms.)	26 - 66	28 - 71	30 - 76	32 - 81	34 - 86	36 - 91	38 - 96	
Height (cms.)	122 - 128	134 - 140	146	152	158	164		
Chest (inches - cms.)	40 - 101	42 - 106	44 - 111 *					
Height (cms.)								
* 44 is only available in Hooded Jacket and standard Polo Shirt								
T Shirt and Rugby Shirt								
Chest (inches - cms.)	28 - 71	30 - 76	32 - 81	34 - 86	36 - 91	38 - 96	40 - 101	42 - 106 *
Height (cms.)	134 - 140	146	152	158	164			
* 42 is only available in Rugby shirt								

SENIOR SECTION								
Cotton Shirt , Polo Shirt, Rugby Shirt and Hoodie								
Size	6 *	8	10	12	14	16	18	
Chest (inches - cms.)	28 - 71	30 - 76	32 - 81	34 - 86	36 - 91	38 - 96	40 - 101	
Size	20	22	24	26 **				
Chest (inches - cms.)	42 - 106	44 - 111	46 - 116					
* 6 is only available in Hoodie - ** 26 is only available in Polo shirt, Rugby shirt and Hoodie								

ADULT LEADERS								
Polo shirts, Rugby shirt, Zip Top, Hoodie, Hooded Jacket, Waterproof Jacket and Gilet ***								
Size	8 *	10	12	14	16	18	20	
Chest (inches - cms.)	30 - 76	32 - 81	35 - 86	36 - 91	38 - 96	40 - 101	42 - 106	

Size	22	24	26	28 **	30 **		
Chest (inches - cms.)	44 - 111	46 - 116	48 - 121	50 - 126	52 - 131		
* 8 is only available in Rugby Shirt - ** 28 and 30 are only available in Rugby shirt and Hoodie *** Gilets are only available in 14, 16, 20, 22, 24, 26, 28 and 30							
Blouses (Short sleeved, Long sleeved and Tunic)							
Size	8	10	12	14	16	18	20
Chest (inches - cms.)	30 - 76	32 - 81	35 - 86	36 - 91	38 - 96	40 - 101	42 - 106
Size	22	24	26	28	30 *		
Chest (inches - cms.)	44 - 111	46 - 116	48 - 121	50 - 126	52 - 131		
* 30 is only available in shirt and long sleeved							

Trefoil Guild					
Cardigan, Polo Shirts and Gilet					
Size	S	M	L	XL	XXL *
Ladies Size	10/12	14/16	18/20	22/24	26/28
Chest (inches - cms.)	34 - 86	38 - 96	42 - 106	46 - 116	52 - 126
* XXL is only available in Gilet and cream Polo Shirt					

Adult Members Wear						
Polo Shirt and Fleece Jacket						
Unisex Size	XS	S	M	L	XL	XXL *
Chest(inches)	30 - 32	34 - 36	38 - 40	42 - 44	46 - 48	50 - 52
Chest(cms.)	76 - 81	86 - 91	96 - 101	106 - 111	116 - 121	126 - 131
* is only available in Polo Shirt						