



SHOE SIZE CHART

MEN'S AND WOMEN'S ADIDAS FOOTWEAR SIZING

*For AU Footwear, Refer to US sizing

US - MEN	US - WOMEN	INCH	UK	EUROPE
4	5	9"	3.5	36
4.5	5.5	9.1"	4	36 2/3
5	6	9.3"	4.5	37 1/3
5.5	6.5	9.4"	5	38
6	7	9.6"	5.5	38 2/3
6.5	7.5	9.8"	6	39 1/3
7	8	10"	6.5	40
7.5	8.5	10.1"	7	40 2/3
8	9	10.2"	7.5	41 1/3
8.5	9.5	10.4"	8	42
9	10	10.6"	8.5	42 2/3
9.5	10.5	10.8"	9	43 1/3
10	11	11"	9.5	44
10.5	11.5	11.2"	10	44 2/3
11	12	11.3"	10.5	45 1/3
11.5	12.5	11.4"	11	46
12	13	11.6"	11.5	46 2/3
12.5	13.5	11.8"	12	47 1/3
13	14	12"	12.5	48
13.5	14.5	12.2"	13	48 2/3
14	15	12.3"	13.5	49 1/3
14.5	15.5	12.4"	14	50
15		12.6"	14-	50 2/3
16		12.8"	15	51 1/3

HOW TO GET THE RIGHT FIT

First, don't measure your feet in the morning; feet often swell during the day due to heat and activity. For the best fit, measure your feet at the end of the day.

To measure your shoe size follow these instructions:

1. HEEL-TOE LENGTH

Place a piece of paper on the floor with one end against a wall. Stand on the piece of paper with your heel against the wall. Mark the piece of paper where your toes end with a pencil. Measure from the end of the piece of paper to the mark you created with your pencil and compare the measurement to our sizing chart.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

In this case it might be safest to go for the size up, rather than the size down. And you know what? You can just try them on at home.

Not the right size? Don't worry! Return your items for free within 30 days. Check out our [return policy](#) for more details.

MEN'S SHIRTS & TOPS SIZING

Product label	1. CHEST	2. WAIST	3. HIP
XS	31 - 33"	27 - 29"	32 - 34"
S	34 - 37"	30 - 32"	35 - 37"
M	37 - 40"	32 - 35"	37 - 40"
L	40 - 44"	35 - 39"	40 - 44"
XL	44 - 48"	39 - 43"	44 - 48"
2XL	48 - 52"	43 - 47"	48 - 51"
3XL	53 - 58"	48 - 53"	51 - 56"

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

- 1. CHEST

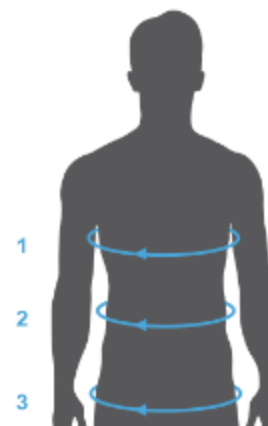
To get the right size run a flexible tape measure across the fullest area of your chest, holding the tape measure horizontally.

- 2. WAIST

Measure around the narrowest part of the waist, keeping the tape horizontally.

- 3. HIP

Stand with your feet together and measure around the fullest point of the hip, keeping the tape measure horizontally.



MEN'S PANTS & SHORTS SIZING

Product label	1. WAIST	2. HIP	3. INSEAM
XS	27 - 29"	32 - 34"	31.9"
S	30 - 32"	35 - 37"	32.1"
M	32 - 35"	37 - 40"	32.3"
L	35 - 39"	40 - 44"	32.5"
XL	39 - 43"	44 - 48"	32.7"
2XL	43 - 47"	48 - 51"	32.5"
3XL	48 - 53"	51 - 56"	32.3"

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. WAIST

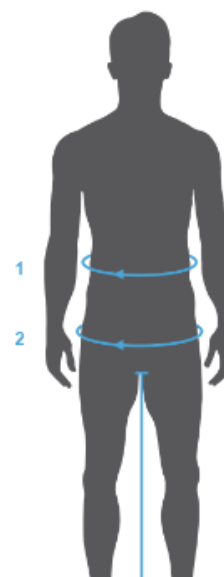
Measure around the narrowest part of the waist, keeping the tape horizontally.

2. HIP

Stand with feet together and measure around the fullest point of the hip, keeping the tape parallel to the floor.

3. INSEAM

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.



CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

Well, that's up to you. Do you like a tight fit? Go for the smaller size. Loving a loose fit? Go for the larger size.

MEN'S TRACKSUIT SIZING



Product label	1. CHEST	2. WAIST	3. HIP	4. INSEAM
XS	31 - 33"	27 - 29"	32 - 34"	31.9"
S	34 - 37"	30 - 32"	35 - 37"	32.1"
M	37 - 40"	32 - 35"	37 - 40"	32.3"
L	40 - 44"	35 - 39"	40 - 44"	32.5"
XL	44 - 48"	39 - 43"	44 - 48"	32.7"
2XL	48 - 52"	43 - 47"	48 - 51"	32.5"
3XL	53 - 58"	48 - 53"	51 - 56"	32.3"

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

- 1. **CHEST**

To get the right size run a flexible tape measure across the fullest area of your chest, holding the tape measure horizontally.

- 2. **WAIST**

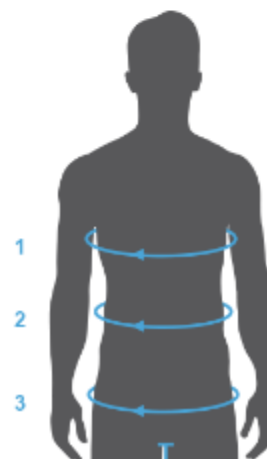
Measure around the narrowest part of the waist, keeping the tape horizontally.

- 3. **HIP**

Stand with your feet together and measure around the fullest point of the hip, keeping the tape measure horizontally.

- 4. **INSEAM**

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.





WOMEN'S SHIRT & TOP SIZING

Product label	1. BUST	2. WAIST	3. HIP
XXS	28.7 - 29.9"	22.4 - 23.6"	32.3 - 33.5"
XS	30 - 32"	24 - 26"	34 - 36"
S	33 - 35"	27 - 28"	37 - 38"
M	36 - 37"	29 - 31"	39 - 41"
L	38 - 40"	32 - 34"	42 - 43"
XL	41 - 43"	35 - 37"	44 - 46"
2XL	44 - 46"	38 - 41"	47 - 49"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34
XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38
S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. BUST

To get the right shirt size run a flexible tape measure across the fullest area of your bust, holding the tape measure horizontally.

2. WAIST

Measure around the narrowest part of the waist, keeping the tape horizontally.

3. HIP

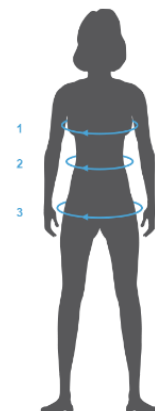
Stand with your feet together and measure around the fullest point of the hip, keeping the tape measure horizontally.

CHOOSE THE RIGHT SIZE

That's easier said than done. Because, what do you do if you are in between two sizes?

Well, that's up to you. Do you like a tight fit? Go for the smaller size. Loving a loose fit? Go for the larger size.

Top fit: If your body measurements for bust and waist result in two different suggested sizes, order the size from your bust measurement.





WOMEN'S PANTS & SHORTS SIZING

Product label	1. WAIST	2. HIP	3. INSEAM
XXS	22.4 - 23.6"	32.3 - 33.5"	30.5"
XS	24 - 26"	34 - 36"	30.7"
S	27 - 28"	37 - 38"	30.9"
M	29 - 31"	39 - 41"	31.1"
L	32 - 34"	42 - 43"	31.3"
XL	35 - 37"	44 - 46"	31.5"
2XL	38 - 41"	47 - 49"	31.7"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34
XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38
S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58



WOMEN'S TRACKSUIT SIZING

Product label	1. BUST	2. WAIST	3. HIP	4. INSEAM
XXS 0 - 2	28.7 - 29.9"	22.4 - 23.6"	32.3 - 33.5"	30.5"
XS 4 - 6	30 - 32"	24 - 26"	34 - 36"	30.7"
S 8 - 10	33 - 35"	27 - 28"	37 - 38"	30.9"
M 12 - 14	36 - 37"	29 - 31"	39 - 41"	31.1"
L 16 - 18	38 - 40"	32 - 34"	42 - 43"	31.3"
XL 20 - 22	41 - 43"	35 - 37"	44 - 46"	31.5"
2XL 24 - 26	44 - 46"	38 - 41"	47 - 49"	31.7"

INTERNATIONAL CONVERSION CHART

Product label	US	UK	DE	FR	IT
XXS		0 - 2	26 - 28	28 - 30	32 - 34
XS	0 - 2	4 - 6	30 - 32	32 - 34	36 - 38
S	4 - 6	8 - 10	34 - 36	36 - 38	40 - 42
M	8 - 10	12 - 14	38 - 40	40 - 42	44 - 46
L	12 - 14	16 - 18	42 - 44	44 - 46	48 - 50
XL	16 - 18	20 - 22	46 - 48	48 - 50	52 - 54
2XL	20 - 22	24 - 26	50 - 52	52 - 54	56 - 58



CLOTHES SIZING GIRLS & BOYS (AGE 1-8)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
1-2 Years 92	34 - 36"	20 - 20.5"	19.6 - 20"	20.5 - 21"	15"
2-3 Years 98	37 - 39"	21 - 21.5"	20 - 20.5"	21 - 22"	16"
3-4 Years 104	40 - 41"	21.5 - 22"	21 - 21.5"	22 - 23.5"	18"
4-5 Years 110	42 - 43"	22 - 23"	21.5 - 21.5"	24 - 24.5"	19.5"
5-6 Years 116	44 - 46"	23 - 24"	22 - 22"	24.5 - 25"	20.5"
6-7 Years 122	47 - 48"	24 - 25"	22.5 - 22.5"	25.5 - 26"	22"
7-8 Years 128	49 - 50"	25 - 25"	22.5 - 23"	26 - 27"	23.5"

HOW TO GET THE RIGHT FIT

To measure your clothing size follow these instructions:

1. HEIGHT

Measure from the heel to the top of the head to determine the height.

2. CHEST

To get the right size run a flexible tape measure across the fullest area of your chest, holding the tape measure horizontally.

3. WAIST

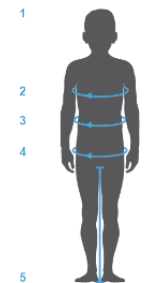
Measure around the narrowest part of the waist, keeping the tape horizontally.

4. HIP

Stand with your feet together and measure around the fullest point of the hip, keeping the tape measure horizontally.

5. INSEAM

Measure from your crotch to the bottom of your leg. Be aware that the inseam measurements are based on a regular inseam.



CHOOSE THE RIGHT SIZE

Shopping for growing kids can be a challenge, but adidas makes it easy. Take your child's measurements and order what you like. Try your products on in the comfort of your home.

Not the right size? Don't worry! Returns are free and easily within 30 days. Check out our [return policy](#) for more details.



CLOTHES SIZING BOYS (AGE 5-16)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
5-6 Years 116	44 - 46"	23 - 24"	22 - 22"	24.5 - 25"	20.5"
6-7 Years 122	47 - 48"	24 - 25"	22.5 - 22.5"	25.5 - 26"	22"
7-8 Years 128	49 - 50"	25 - 25"	22.5 - 23"	26 - 27"	23.5"
8-9 Years 134	51 - 53"	25.5 - 26.5"	23.5 - 24"	27 - 28"	24.5"
9-10 Years 140	54 - 55"	27 - 28"	24.5 - 25"	28 - 29.5"	25.6"
10-11 Years 146	56 - 57"	28 - 29.5"	25 - 26"	29.5 - 30.5"	26.7"
11-12 Years 152	58 - 60"	29.5 - 30.5"	26 - 27"	30.5 - 32"	27.8"
12-13 Years 158	61 - 62"	31 - 32.5"	27 - 28"	32 - 33.5"	28.9"
13-14 Years 164	63 - 65"	32.5 - 34"	28 - 28.5"	33.5 - 35"	30.0"
14-15 Years 170	66 - 67"	34 - 35"	29 - 29.5"	35 - 36"	31.2"
15-16 Years 176	68 - 69"	35 - 36"	29.5 - 30"	36 - 37"	32.3"



CLOTHES SIZING GIRLS (AGE 5-15)

Product label	1. HEIGHT	2. CHEST	3. WAIST	4. HIP	5. INSEAM
5-6 Years 116	44 - 46"	23 - 24"	22 - 22"	24.5 - 25"	20.5"
6-7 Years 122	47 - 48"	24 - 25"	22.5 - 22.5"	25.5 - 26"	22"
7-8 Years 128	49 - 50"	25 - 25"	22.5 - 23"	26 - 27"	23.5"
8-9 Years 134	51 - 53"	26 - 27"	23 - 23.5"	28 - 29"	25"
9-10 Years 140	54 - 55"	27 - 28"	24 - 24.5"	29 - 30.5"	26"
10-11 Years 146	56 - 57"	28.5 - 29.5"	24.5 - 25"	30.5 - 31.5"	27"
11-12 Years 152	58 - 60"	29.5 - 30.5"	25 - 26"	32 - 33"	28"
12-13 Years 158	61 - 62"	31 - 31.5"	26 - 26"	33.5 - 34"	29"
13-14 Years 164	63 - 65"	32 - 32.5"	26.5 - 26.5"	34 - 34.5"	31"
14-15 Years 170	66 - 67"	32.5 - 34.5"	27 - 27.5"	35 - 36"	32"



KIDS' FOOTWEAR SIZING

*For AU Footwear, Refer to US sizing

US	1. HEEL-TOE	UK	EUROPE	JAPAN
10k	6.3"	9.5k	27	
10.5k	6.5"	10k	27.5	
11k	6.7"	10.5k	28	175
11.5k	6.9"	11k	29	180
12k	7"	11.5k	30	185
12.5k	7.2"	12k	30.5	
13k	7.3"	12.5k	31	190
13.5k	7.5"	13k	31.5	195
1	7.7"	13.5k	32	
1.5	7.8"	1	33	
2	8"	1.5	33.5	
2.5	8.1"	2	34	
3	8.3"	2.5	35	
3.5	8.5"	3	35.5	
4	8.7"	3.5	36	200
4.5	8.8"	4	36 2/3	225
5	9"	4.5	37 1/3	230
5.5	9.2"	5	38	235
6	9.3"	5.5	38 2/3	240
6.5	9.5"	6	39 1/3	
7	9.6"	6.5	40	