

Simplicity Size Guide - How to select your pattern size

Introduction:

To get the correct pattern size, it's important to choose the size based on your own body measurements and body type. Do NOT buy the size you buy at retail. Patterns are based on standardised body measurements that have been consistent from the first Simplicity patterns ever made to the present day. The sizes used for patterns are still the same, unlike retail sizing, which has changed over time. Follow these simple steps to get the pattern size that will fit you.

STEP 1: Taking Your Measurements

Getting accurate body measurements is key, so it's important to take them carefully for best results:

- Enlist a friend to help – it's very difficult to take accurate measurements by yourself
- Wear the undergarments you would normally wear under clothes
- Use a flexible tape measure
- When measuring, hold the measuring tape so that it's comfortably snug, but not tight
- Jot down your body measurements on a piece of paper for reference

Use the diagram shown here to measure at each body point:



STEP 2: Finding Your Body Type Using Your Body Measurements

Compare your body measurements to Simplicity® measurement charts to determine your body type

Babies - Newborn to 24 lbs

Sizes	XXS	XS	Small	Medium	Large
Weight	Up to 7 lbs.	7-13 lbs.	13-18 lbs.	18-21 lbs.	21-24 lbs.
Approx. Height	Up to 17"	17"-24"	24"-26½"	26½"-31"	31"-34"

Toddlers - Back Neck-to-Waist Measurement of 7½" - 9½"

Sizes	½	1	2	3	4
Chest	19"	20"	21"	22"	23"
Waist	19"	19½"	20"	20½"	21"
Hip	20"	21"	22"	23"	24"
Back Neck-to-Waist	7½"	8"	8½"	9"	9½"

Children - Back Neck-to-Waist Measurement of 8½" - 12"

Sizes	2	3	4	5	6	6X	7	8
Chest	21"	22"	23"	24"	25"	25½"	26"	27"
Waist	20"	20½"	21"	21½"	22"	22½"	23"	23½"
Hip	22"	23"	24"	25"	26"	26½"	27"	28"
Back Neck-to-Waist	8½"	9"	9½"	10"	10½"	10¾"	11½"	12"

Girls - Sizes 7-16

Sizes	7	8	10	12	14	16
Chest	26"	27"	28½"	30"	32"	34"
Waist	23"	23½"	24½"	25½"	26½"	27½"
Hip	27"	28"	30"	32"	34"	36"
Back Neck-to-Waist	11½"	12"	12¾"	13½"	14¼"	15"

Girls' Plus - Designed for girls over the average weight for their age and height

Sizes	8½	10½	12½	14½	16½
Chest	30"	31½"	33"	34½"	36"
Waist	28"	29"	30"	31"	32"
Hip	33"	34½"	36"	37½"	39"
Back Neck-to-Waist	12½"	13¼"	14"	14¾"	15½"

Husky Boys - Designed for boys over the average weight for their age and height

Sizes	S	M	L
Chest	29½"-30½"	32½"-34½"	35½"-37"
Waist	26"-27"	28"-29"	30½"-31½"

Misses' / Miss Petite - For well-proportioned figures

For Misses' Petite Body Types: in addition to Bust, Waist and Hip, use the Back-Neck-to-Waist measurement to determine if you need Petite sizing. Petite is defined as a proportion of 5'4" tall and under, with a torso 1" shorter than standard Misses' sizes. In order to achieve the best fit for a Petite figure, look for [Fit for Petite patterns](#), which includes adjustments right on the pattern for Petites.

Sizes	4	6	8	10	12	14	16	18	20	22	24	26
Bust	29½"	30½"	31½"	32½"	34"	36"	38"	40"	42"	44"	46"	48"
Waist	22"	23"	24"	25"	26½"	28"	30"	32"	34"	37"	39"	41½"
Hip – 9" below waist	31½"	32½"	33½"	34½"	36"	38"	40"	42"	44"	46"	48"	50"
Back Neck-to-Waist	15½"	15½"	15¾"	16"	16¼"	16½"	16¾"	17"	17¼"	17½"	17¾"	17¾"
Petite Back Neck-to-Waist	14¼"	14½"	14¾"	15"	15¼"	15½"	15¾"	16"	16¼"	16½"	16¾"	16¾"

Women's / Women's Petite - For fuller figures

For Women's Petite Body Types: in addition to Bust, Waist and Hip, use the Back-Neck-to-Waist measurement to determine if you need Petite sizing. Petite is defined as a proportion of 5'4" tall and under, with a torso 1" shorter than standard Women's sizes. In order to achieve the best fit for a Petite figure, look for [Fit for Petite patterns](#), which includes adjustments right on the pattern for Petites.

Sizes	18W	20W	22W	24W	26W	28W	30W	32W
Bust	40"	42"	44"	46"	48"	50"	52"	54"
Waist	33"	35"	37"	39"	41½"	44"	46½"	49"
Hip – 9" below waist	42"	44"	46"	48"	50"	52"	54"	56"
Back Neck-to-Waist	17 ^{1/8"}	17¼"	17 ^{1/2"}	17½"	17 ^{3/4"}	17¾"	17 ^{7/8"}	18"
Petite Back Neck-to-Waist	16 ^{1/8"}	16¼"	16 ^{1/2"}	16½"	16 ^{3/4"}	16¾"	16 ^{7/8"}	17"

Men - For men of average build

Sizes	32	34	36	38	40	42	44	46	48	50	52
Chest	32"	34"	36"	38"	40"	42"	44"	46"	48"	50"	52"
Waist	27"	28"	30"	32"	34"	36"	39"	42"	44"	46"	48"
Hip	34"	35"	37"	39"	41"	43"	45"	47"	49"	51"	53"
Back Neck-to-Waist	17¼"	17½"	17¾"	18"	18¼"	18½"	18¾"	19"	19¼"	19½"	19¾"

Big & Tall Men

Sizes	1XL	2XL	3XL	4XL	5XL
Chest	46"-48"	50"-52"	54"-56"	58"-60"	62"-64"
Waist	42"-44"	46"-48"	50"-52"	54"-56"	58"-60"

If you find that your measurements don't line up completely with a single pattern size, see Step 3 to select the correct pattern size for the garment you are making.

For Misses' / Miss Petite and Women's / Women's Petite Types: in addition to Bust, Waist and Hip, use the Back Neck to Waist body measurement to determine if you need Petite sizing. Petite is defined as a proportion for 5'4" tall and under, with a torso 1" shorter than standard Misses' and Women's sizes. In order to achieve the best fit for a Petite figure, look for Fit for Petite patterns, which include adjustments right on the pattern for Petites.

STEP 3: Finding Your Pattern Size For The Garment You Are Making

Depending on the garment you are planning to make, your size is determined by specific body measurements – follow these guidelines to help you choose the right size for your garment:

- Dresses, Tops, Jackets and Coats – use your Bust measurement

When to use high bust measurement:

Patterns are drafted for the B-cup figure. If your bra cup size is larger than a B-cup it will affect the way the pattern fits.

If your cup size is larger than a B-cup, you will get a better fit by choosing your pattern size according to your High Bust measurement. When using size chart to find pattern size, use High Bust measurement as your bust measurement.

To determine your bra cup size, subtract your High Bust measurement from your Bust measurement and follow these guidelines:

Difference Between High Bust and Bust	Cup Size
Less than 2 ½"	A- or B- cup
2 ½" to 3"	C- cup
3 ½" to 4"	D- cup
4" or more	Larger than D- cup

Shop Simplicity's A, B, C & D Cup Size Pattern Collection which features separate pattern pieces to accommodate Misses' cup sizes A-D and Women's cup sizes C-DD. This allows you to just choose the right piece for your cup size, without needing further adjustments.

- Skirts and Pants – use your Waist and Hip measurements
- Patterns that include both Tops and Bottoms – once you have your individual Top and Bottom sizes, check to make sure both sizes are included in the size range found on the front of the envelope.

If you find your measurements don't line up completely with a single pattern size, take advantage of the multiple sizes included in each pattern envelope. You can merge the cutting lines you need in order to cover all of your body measurements in one pattern.