

# Nike Teamwear

## Size Guide

The following table gives you broad guidance on sizing within the NIKE range.

### Unisex (cm)

Size	Youth L	Youth XL	Adult S	Adult M	Adult L	Adult XL	Adult XXL
Chest	75-81.5	81.5-88.5	88-96	96-104	104-112	112-124	124-136
Waist	69-72	72.5-75.5	73-81	81-89	89-97	97-109	109-121
Hip	79.5-84.5	84.5-89.5	88-96	96-104	104-112	112-120	120-128
Regular inseam			82.5	83	83.5	84	84.5
Long Inseam			87.5	88	88.5	89	89.5

### Men's & Womens Shorts (cm)

Size	Youth L	Youth XL	Adult S	Adult M	Adult L	Adult XL	Adult XXL
Short Inseam Men's			77.5	78	78.5	79	79.5
Short Inseam Women's			74.5	75	75	75.5	

### SOCKS

#### Men's & Women's (unisex)

Size	XS	S	M	L	XL
Europe Shoe	30-34	34-38	38-42	42-46	46-50
UK Shoe	12-2	2-5	5.5-7.5	8-11	11-14.5
Men's US Shoe	13C-3Y	3Y-5Y	6-8	8-12	12-15
Women's US Shoe		4-6	6-10	10-13	
cm	19-21	21-24	24-27	27-30	30-33