

old navy sizing guide

Old Navy sizing guide is an essential resource for anyone looking to shop at this popular clothing retailer. Known for its affordable prices and trendy styles, Old Navy caters to a diverse range of customers, including men, women, children, and infants. However, navigating through the sizing options can be daunting, especially with varying fits and styles. This article will break down the Old Navy sizing guide, offering insights into how to choose the perfect fit for yourself or your family. Additionally, we will cover specific sizing for different clothing categories, tips for measuring yourself, and some frequently asked questions.

Understanding Old Navy's Sizing System

Old Navy employs a comprehensive sizing system that includes standard sizes, plus sizes, and tall sizes. It's important to note that sizing can differ between various clothing categories such as tops, bottoms, dresses, and outerwear. Here is an overview of how the sizing works at Old Navy:

Men's Sizing

Old Navy offers a variety of sizes for men, from small to 4X. Here's a breakdown of the sizing chart for men:

- Tops:
 - Small: Chest 34-36 inches
 - Medium: Chest 38-40 inches
 - Large: Chest 42-44 inches
 - X-Large: Chest 46-48 inches
 - 2X: Chest 50-52 inches
 - 3X: Chest 54-56 inches
 - 4X: Chest 58-60 inches
- Bottoms:
 - Waist sizes generally range from 30 to 42 inches.
 - Inseam options include short (30"), regular (32"), and tall (34").

Women's Sizing

Old Navy provides a wide array of sizes for women, including regular, plus, and petite options. The sizing for women is as follows:

- Regular Sizes:
 - 0 (XXS): Bust 31-32 inches, Waist 23-24 inches, Hips 33-34 inches

- 2 (XS): Bust 32-33 inches, Waist 24-25 inches, Hips 34-35 inches
- 4 (S): Bust 33-34 inches, Waist 25-26 inches, Hips 35-36 inches
- 6 (S): Bust 34-35 inches, Waist 26-27 inches, Hips 36-37 inches
- 8 (M): Bust 35-36 inches, Waist 27-28 inches, Hips 37-38 inches
- 10 (M): Bust 36-37 inches, Waist 28-29 inches, Hips 38-39 inches
- 12 (L): Bust 37-38 inches, Waist 29-30 inches, Hips 39-40 inches
- 14 (L): Bust 38-39 inches, Waist 30-31 inches, Hips 40-41 inches
- 16 (XL): Bust 39-40 inches, Waist 31-32 inches, Hips 41-42 inches
- Plus Sizes:
- 16W-24W: Similar measurements but designed for curvier body types.
- Petite Sizes:
- 0P to 16P: Generally shorter in length, tailored for women 5'4" and under.

Kids' Sizing

Old Navy's kids' sizing is categorized by age and height. Here's a quick guide:

- Boys:
- Size 4 (4-5 years): Height 40-42 inches, Weight 35-43 lbs
- Size 5 (5-6 years): Height 42-45 inches, Weight 43-50 lbs
- Size 6 (6-7 years): Height 45-48 inches, Weight 50-55 lbs, and so forth.
- Girls:
- Size 4 (4-5 years): Height 40-42 inches, Weight 35-43 lbs
- Size 5 (5-6 years): Height 42-45 inches, Weight 43-50 lbs, and so forth.
- Infants and Toddlers:
- Newborn to 12-18 months, sizes are based on weight and height.

How to Measure Yourself for Old Navy Clothing

To ensure you find your perfect fit at Old Navy, it's crucial to take accurate measurements. Here's how to measure different parts of your body correctly:

For Women:

1. Bust: Measure around the fullest part of your bust, keeping the tape level under your arms.
2. Waist: Measure around the narrowest part of your waist, usually just above your belly button.
3. Hips: Measure around the fullest part of your hips and buttocks.

For Men:

1. Chest: Measure around the fullest part of your chest, keeping the tape under your arms.
2. Waist: Measure around your natural waistline where your pants usually sit.
3. Inseam: Measure from the top of your inner thigh to the bottom of your ankle.

For Kids:

1. Height: Measure from the top of the head to the floor.
2. Chest, Waist, and Hips: Use the same methods as above.

Old Navy Fit Types

Old Navy offers various fit types depending on the clothing item. Here's a breakdown of some common fits:

Men's Fit Types

- Classic Fit: Traditional fit with a bit more room for comfort.
- Slim Fit: Tapered fit that hugs the body closer for a more modern look.
- Relaxed Fit: More room in the chest and waist for a laid-back feel.

Women's Fit Types

- Regular Fit: Standard cut that is flattering for most body shapes.
- Curvy Fit: Designed for hourglass figures with a smaller waist and wider hips.
- Tall Fit: Additional length in sleeves and inseams for taller women.

Frequently Asked Questions

1. Does Old Navy have a return policy for sizing issues?

Yes, Old Navy has a flexible return policy. Items can typically be returned within 30 days for a full refund, provided they are unworn and have tags attached.

2. How do I know if a specific item runs small or large?

Old Navy provides customer reviews and feedback on individual items, which can give you insight into how a specific piece fits compared to standard sizing.

3. Are the sizes consistent across different clothing categories?

Not necessarily. Sizes can vary depending on the style and cut of the clothing. It's always best to consult the specific sizing guide for each category.

4. Can I find Old Navy sizing information online?

Absolutely! Old Navy's website provides comprehensive sizing charts for all categories of clothing, making it easy to find your size before making a purchase.

Conclusion

Navigating through the Old Navy sizing guide can seem overwhelming at first, but with the right measurements and understanding of the fit types, you can easily find the perfect clothing for yourself and your family. Whether you're shopping for stylish casual wear, activewear, or special occasion outfits, being informed about sizing will enhance your shopping experience and ensure that you choose pieces that fit well and look great. Remember, clothing sizes can vary between different brands, so it's always a good idea to try items on when possible or refer to the sizing charts before making a purchase. Happy shopping!

Frequently Asked Questions

What is Old Navy's sizing guide based on?

Old Navy's sizing guide is based on standard US measurements for women's, men's, and children's clothing, taking into account body shape and fit preferences.

How do I determine my size using the Old Navy sizing guide?

To determine your size, measure your bust, waist, and hips, then compare your measurements to the sizing chart available on the Old Navy website.

Does Old Navy offer plus sizes?

Yes, Old Navy offers a range of plus sizes for women's clothing, typically ranging from size 16 to 30, which can be found in their sizing guide.

Are Old Navy's sizes consistent across different clothing

items?

Old Navy's sizes are generally consistent, but fit may vary slightly between different styles and collections, so it's recommended to consult the sizing guide for each item.

What is the size range for Old Navy children's clothing?

Old Navy's children's clothing sizes typically range from newborn up to size 18, with specific sizing guides available for infants, toddlers, and older kids.

Does Old Navy have a size guide for tall and petite options?

Yes, Old Navy provides specific sizing guides for tall and petite options, helping customers find the best fit for their body type.

How can I find the right fit if I'm between sizes at Old Navy?

If you're between sizes, Old Navy recommends trying on both sizes if possible, or checking the product description for fit notes and customer reviews for guidance.

Is there a way to get help with sizing when shopping online at Old Navy?

Yes, Old Navy offers virtual fitting assistance and a customer service hotline where you can get help with sizing questions when shopping online.

What if I order the wrong size from Old Navy?

If you order the wrong size from Old Navy, you can return or exchange the item within their return policy guidelines, which typically allow returns within 45 days.

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