

NIKE Sizing information

MEN'S ACTION SPORTS TOPS

STEP 1: MEASURE YOURSELF

CHEST

Measure around the fullest part of your chest, keeping the measuring tape horizontal.

HIPS

Measure around the fullest part of your hips, keeping the tape horizontal.



WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the one indicated by your chest measurement.

SIZE**CHEST (in.)****WAIST (in.)****HIPS (in.)**

S

37-39

31-33

37-39

M

39-41

33-35

39-41

L

41-43

35-37

41-43

XL

43-46

37-40

43-46

XXL

46-49

40-43

46-49

MEN'S SHORTS

STEP 1: MEASURE YOURSELF

WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.



HIPS

Measure around the fullest part of your hips, keeping the tape horizontal.

STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If one of your measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement.

SIZE

WAIST (in.)

HIPS (in.)

S

29–32

35–37.5

M

32–35

37.5–41

L

35–38

41–44

XL

38–43

44–47

XXL

43–47.5

47–50.5

XXXL

47.5–52.5

50.5–53.5

WOMEN'S TOPS

STEP 1: MEASURE YOURSELF



STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for bust and waist correspond to two different suggested sizes, order the size indicated by your bust measurement.

NIKE SIZE	NUMERIC SIZE*	BUST (in.)	WAIST (in.)	HIPS (in.)
XS	0-2	29.5-32.5	23.5-26	33-35.5
S	4-6	32.5-35.5	26-29	35.5-38.5
M	8-10	35.5-38	29-31.5	38.5-41
L	12-14	38-41	31.5-34.5	41-44
XL	16-18	41-44.5	34.5-38.5	44-47
XXL	20-22	44.5-48.5	38.5-42.5	47-50

Women's Bras

YOUR BRA SIZE	EQUIVALENT NIKE ALPHA SIZE
30A	XS
30B	XS
30C	XS
30D	XS
30DD	XS
32A	S
32B	S
32C	S
34D	S
34DD	S
34A	M
34B	M
34C	M
34D	M
34DD	M
36A	L
36B	L
36C	L
36D	L
36DD	L
38A	XL
38B	XL
38C	XL
38D	XL
38DD	XL

WOMEN'S SHORTS

STEP 1: MEASURE YOURSELF

WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.



HIPS

Measure around the fullest part of your hips, keeping the tape horizontal.

STEP 2: FIND YOUR SIZE

Use the chart below to determine your size. If one of your measurements is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for hips and waist correspond to two different suggested sizes, order the one indicated by your hip measurement

NIKE SIZE	NUMERIC SIZE *	WAIST (in.)	HIPS (in.)
XS	0-2	23.5-26	33-35.5
S	4-6	26-29	35.5-38.5
M	8-10	29-31.5	38.5-41
L	12-14	31.5-34.5	41-44
XL	16-18	34.5-38.5	44-47
XXL	20-22	38.5-42.5	47-50

MEN'S SHOES

MEASURE YOUR FEET

Wear the type of socks you'll wear with your shoes and measure feet in the afternoon (feet typically swell during the day). Distribute weight evenly before measuring.



STEP 1

Stand up straight on a hard surface with your heel against the wall and a piece of blank paper taped to the floor, flush against the wall beneath your foot.



STEP 2

Have someone mark the longest part of your foot (referred to as heel-to-toe length) on the paper with a pen or pencil, or measure yourself if necessary. Repeat with the other foot, as right and left sizes may be different.



STEP 3

Use a ruler to measure the heel-to-toe length you marked for each foot.

SIZE

HEEL-TO-TOE LENGTH (in.)

6

9 3/8

6.5

9 1/2

7

9 5/8

7.5

9 7/8

8

10

8.5

10 1/8

9

10 3/8

9.5

10 1/2

10

10 5/8

10.5

10 7/8

11

11

11.5

11 1/8

12

11 3/8

12.5

11 1/2

13

11 5/8

13.5

11 7/8

14

12

15

12 3/8

16

12 5/8

17

13

18

13 3/8

WOMEN'S SHOES

MEASURE YOUR FEET

Wear the type of socks you'll wear with your shoes and measure feet in the afternoon (feet typically swell during the day). Distribute weight evenly before measuring.



STEP 1

Stand up straight on a hard surface with your heel against the wall and a piece of blank paper taped to the floor, flush against the wall beneath your foot.

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STEP 3

Use a ruler to measure the heel-to-toe length you marked for each foot.

SIZE

HEEL-TO-TOE LENGTH (in.)

4 8 3/8

4.5 8 1/2

5 8 5/8

5.5 8 7/8

6 9

6.5 9 1/8

7 9 3/8

7.5 9 1/2

8 9 5/8

8.5 9 7/8

9 10

9.5 10 1/8

10 10 3/8

10.5 10 1/2

11 10 5/8

11.5 10 7/8

12 11