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SCHOOL UNIFORM PROGRAM · SIZING CHECKLIST

Bulk School Uniform Sizing Checklist

Measurement points, growth and wash allowances, and the tolerance table to agree before the first cut.

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DISCLAIMER

This resource is practical procurement guidance written from a China-side workwear factory's perspective. It is not legal, safety or compliance advice. Size designations, growth allowances and tolerances vary by garment type, fabric and pattern block; confirm every figure against an approved sample and your own tech pack before you commit funds.

School uniform sizing checklist | Document ID: SPEC-SU-SIZING-001

What This Checklist Covers

The five inputs a bulk school uniform order needs before anyone cuts fabric: measured body data, a locked collection method, growth and wash allowances, agreed tolerances, and a reconciled size curve.

Before You Measure

1. Historical returns — review last year's returns to see which garment types run small.
2. Roster data — enrollment by grade, garment list by category, gender and unisex rules, measurement forms.
3. Core measurements — height, chest, waist, hips, inseam, collar. Add shoulder, sleeve and inside leg for blazers and trousers.
4. One trained team — do not let untrained staff measure students independently.
5. Standard definitions — agree the body-measurement points before the first tape goes out.

Measurement Procedure

1. Build a school-wide protocol. One trained measurer, a private room, a consistent underlayer, results logged straight into the master roster.
2. Lock the collection method. In-person tape on site. Remote campuses: parent self-report plus a 10% sample re-measured on delivery.
3. Upper body. Height from floor to crown; chest at the fullest point; collar at the neck base with a two-finger gap. Tape flat, not twisted.
4. Lower body. Waist just above the navel; hips at the widest point; inseam from crotch to ankle hem.
5. Verification rule. Re-measure if two staff differ by more than 1.3 cm (0.5 in).

Height-Based Size Chart

DESIGNATION	STUDENT HEIGHT	NET CHEST	NET WAIST	FINISHED CHEST
110/56	105–115 cm	56 cm	53 cm	60 cm
120/60	115–125 cm	60 cm	56 cm	64 cm
130/64	125–135 cm	64 cm	59 cm	68 cm
140/68	135–145 cm	68 cm	62 cm	72 cm
150/72	145–155 cm	72 cm	65 cm	76 cm
160/80	155–165 cm	80 cm	68 cm	84 cm
165/84	162–170 cm	84 cm	71 cm	88 cm
170/88	168–175 cm	88 cm	74 cm	92 cm
175/92	173–180 cm	92 cm	77 cm	96 cm
180/96	178–185 cm	96 cm	80 cm	100 cm

Confirm the designation set and the finished specifications against your approved sample before cutting.

Growth Room and Wash Tolerance

MEASUREMENT POINT	ADDED GROWTH ROOM	MAX WASH TOLERANCE
Collar	—	±0.5 cm
Chest	+4.0 cm	±1.0 cm
Waist	+3.0 cm	±1.0 cm
Sleeve	+2.5 cm	±1.5 cm
Inseam	+5.0 cm	±2.0 cm
Shirt length	—	±1.5 cm

Planning Bands by School Stage

SCHOOL STAGE	GRADES	TYPICAL AGE	PLANNING HEIGHT	DESIGNATION
Lower primary	1–3	6–9	110–130 cm	110/56 – 130/64
Upper primary	4–6	9–12	130–150 cm	130/64 – 150/72
Junior secondary	7–9	12–15	150–168 cm	150/72 – 165/84
Senior secondary	10–12	15–18	163–180 cm	165/84 – 180/96

Planning only. The final cut list comes from measured heights, never from the stage band.

Four Sizing Errors

1. Unclear size mapping — replace a floating number with a point and a unit: "36-inch chest", not "Size 36".
2. Shrinkage after laundering — wash-test the sample three times and pre-approve the allowance in the tech pack.
3. Wrong size mix — build the curve from measured data and buffer the middle sizes only.
4. Distorted larger sizes — grade each anatomical zone on its own rule instead of scaling everything by one percentage.

Pre-Signature Checklist

- Body-measurement and finished-garment charts are two separate documents.
- Every size code maps to a point of measurement and a unit.
- Growth room and factory tolerance are written as separate numbers.
- The pre-production sample has been washed three times and re-measured.
- Total curve units reconcile with enrollment plus contingency.
- Edge sizes are made to order, not stocked.

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Measure the student, not the age label.

Send your roster and grade split — a size curve and tolerance plan are returned against your own tech pack before the PO is signed.

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