

# BODY MEASUREMENTS AND SHOE SIZE FORM

Bluche, Switzerland



Full Name: \_\_\_\_\_

Program: \_\_\_\_\_

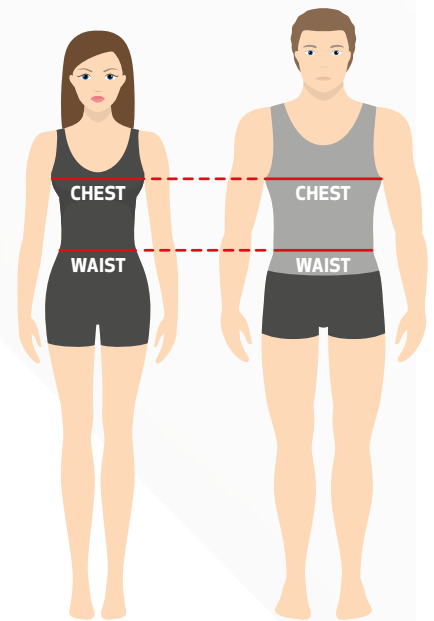
**Please take your measurements and check your sizes for the uniforms:**

## CHEST SIZE CHART

| SIZE            | XXS   | XS       | S     | M       | L       | XL          | XXL     | 3XL     | 4XL     | 5XL         | 6XL         | 7XL         | 8XL         |
|-----------------|-------|----------|-------|---------|---------|-------------|---------|---------|---------|-------------|-------------|-------------|-------------|
| Metric (cm)     | 72 76 | 80 84 88 | 92 96 | 100 104 | 108 112 | 116 120 124 | 128 132 | 136 140 | 144 148 | 152 156 160 | 164 168 172 | 176 180 184 | 188 192 196 |
| Imperial (inch) | 28 39 | 32 33 34 | 36 38 | 40 41   | 42 44   | 46 47 48    | 50 52   | 54 55   | 56 58   | 60 62 64    | 65 66 67    | 69 71 73    | 74 76 77    |
| Euro            | 36 38 | 40 42 44 | 46 48 | 50 52   | 54 56   | 58 60 62    | 64 66   | 68 70   | 72 74   | 76 78 80    | 82 84 86    | 88 90 92    | 94 96 98    |

## WAIST SIZE CHART

| SIZE              | XS    | S     | M     | L     | XL      | XXL     | 3XL     | 4XL      | 5XL         |
|-------------------|-------|-------|-------|-------|---------|---------|---------|----------|-------------|
| Metric (cm)       | 68 72 | 76 80 | 84 88 | 92 96 | 100 104 | 108 112 | 116 120 | 124 128  | 132 136 140 |
| Imperial (inch)   | 26 28 | 30 32 | 33 34 | 36 38 | 40 41   | 42 44   | 46 47   | 48 50    | 52 54 56    |
| Euro (DE, NL, BE) | 42 44 | 46 48 | 50    | 52 54 | 56      | 58 60   | 62      | 64/66 68 | 70 72 74    |
| Euro (FR, ES, PT) | 34 36 | 38 40 | 42 44 | 46 48 | 50 52   | 54 56   | 58      | 60/62 64 | 66 68 70    |



**Please check your size for the kitchen security shoes:**

## MEN'S SHOE SIZES

| UK  | EUROPEAN | US  | JAPAN |
|-----|----------|-----|-------|
| 6   | 38½      | 6½  | 24½   |
| 6½  | 39       | 7   | 25    |
| 7   | 40       | 7½  | 25½   |
| 7½  | 41       | 8   | 26    |
| 8   | 42       | 8½  | 27½   |
| 8½  | 43       | 9   | 27½   |
| 9   | 43½      | 9½  | 28    |
| 9½  | 44       | 10  | 27½   |
| 10  | 44       | 10½ | 28½   |
| 10½ | 44½      | 11  | 29    |
| 11  | 45       | 12  | 29½   |

## WOMEN'S SHOE SIZES

| UK | EUROPEAN | US  | JAPAN |
|----|----------|-----|-------|
| 3  | 35½      | 5   | 22½   |
| 3½ | 36       | 5½  | 23    |
| 4  | 37       | 6   | 23    |
| 4½ | 37½      | 6½  | 23½   |
| 5  | 38       | 7   | 24    |
| 5½ | 39       | 7½  | 24    |
| 6  | 39½      | 8   | 24½   |
| 6½ | 40       | 7½  | 25    |
| 7  | 41       | 9½  | 25½   |
| 7½ | 41½      | 10  | 26    |
| 8  | 42       | 10½ | 26½   |

Please scan and send the form to [admissions@lesroches.edu](mailto:admissions@lesroches.edu)

Date: \_\_\_\_\_

Student's Signature: \_\_\_\_\_