

## BDU UNIFORM ITEM SIZE CHART (Thanks to 2d Lt William Emminger!)

### JACKET (BLOUSE)

Chest Size	BDU Size
29-30"	Extra Small
33-37"	Small
37-41"	Medium
41-45"	Large
45-49"	Extra Large
49-53"	XXL
53-57"	XXXL

### Height

<67" (5'7")	Short
67-71" (5'11")	Regular
71-75" (6'3")	Long
>75" (6'3")	Long

### PANTS

Waist Size	BDU Size
23-27"	Extra Small
27-31"	Small
31-35"	Medium
35-39"	Large
39-43"	XL
43-47"	XXL
47-51	XXXL

### INSEAM

Leg Length	BDU Size
<29.5"	Short
29.5-32.5"	Regular
32.5-35.5"	Long

### BDU CAPS

These are in quarter sizes (7", 7 ¼", 7 ½", 7 ¾", 8"...etc). With the caps you want to order ¼ size larger than what you measure. These hats seem to shrink a little after a few washings.

This table is the one used by the military to convert civilian sizes to military sizes. All BDU's come in military sizes.

How to use this chart:

First you have to find your chest size; this is determined by measuring around your chest, level with the nipple line while your hands are at your sides (note: the tape does NOT go around your arms). Make sure you relax your upper body or you will get a reading that's off by as much as 3-5". It is important that when measuring **everyone** measures at the level of the nipples. I know this may sound funny, but it is the widest part of your chest.

Mine is 41" so when I look at the chart above, I see I'm either a Medium (37-41") or a Large (41-51") I select **LARGE**. Trust me, if you're borderline, go with the next higher category, you'll be a lot more comfortable.

My height is 5'6" (66") so I go with the **SHORT**

Now I know my jacket size is **LARGE SHORT**. That's what I would order.  
(Being a large short is doing nothing for my self-esteem, I can't believe I'm still within military weight allowance!!!!)

Ok, on to the pants, these are important...remember, if it's drafty, it's a bad thing!!!

You want to measure at your hips, not on your abdomen. My measurement is 35". Once again I'm bordering between to sizes. I'm going to go with **LARGE**.

Inseam is measured from right under your crotch and the middle of your leg to the bottom of your foot. Mine is 29". So that puts me in the **SHORT** category.

So my pants size is **LARGE SHORT**.

Now for my head, and no, it's not as big as you think!!! Measure the head from the crown at the back of it to the top of your forehead, then add 1/4 inch.

Remember all military measurements for clothing are in British measurements, not metric.  
(Inches only my friends).

So while requesting clothing, I'd put down:

<b>Qty</b>	<b>Type</b>	<b>Size</b>
2	Jackets	Large-short
2	Pants	Large-short
2	BDU Cap	7 1/2 "

(Note: it's perfectly acceptable to mix sizes, for example, a Medium Long jacket with Large Medium pants)

I do not know what the availability is of the BDU's and caps. I also don't know how many you were told you could order, but from military experience, I say order no less than two (If you've been approved for two by our squadron, ask for 3). What's the worst that could happen? They send you only one? My experience is that the military always issues you less than what you ask for. Every time I get a new soldier in my unit I always order 6 BDU's (National guard usually gets 4). All the other NCOs order 4. Those NCOs usually get 2 for their soldier the following month and 2 more about six months to a year later. For some reason, my troops always get issued their 4 BDU's on time... go figure!!!

If anyone has any questions or comments about this letter, please address them to [Emminger1@home.com](mailto:Emminger1@home.com) or call me at (home) 503-642-9729

Thank you, 2d Lt William Emminger