

Gown Sizing

Step 1: find your size number, based on your height

Size Number	Height in Centimeters	Height in Feet & Inches
39	137-143 cm	4'6" - 4'8"
42	144-150 cm	4'9" - 4'11"
45	151-158 cm	5'0" - 5'2"
48	159-166 cm	5'3" - 5'5"
51	167-173 cm	5'6" - 5'8"
54	174-181 cm	5'9" - 5'11"
57	182-188 cm	6'0" - 6'2"
60	189-195 cm	6'3" - 6'5"
63	198-203 cm	6'6" - 6'8"

Height should be measured with flat shoes or barefoot - no heels, from top of the head to bottom of the foot.

Gown Sizing

Step 2: find your fit, based on size number & weight

Size Number (from step 1)	Answer "NO" to full fit	Answer "YES" to full fit
39	Up to 130 lbs / 64 kg	*see note below*
42	Up to 140 lbs / 64 kg	140 lbs / 64kg +
45	Up to 165 lbs / 75 kg	165 lbs/ 75 kg +
48	Up to 190 lbs / 86 kg	190 lbs / 86kg +
51	Up to 215 lbs / 98 kg	215 lbs / 98 kg +
54	Up to 240 lbs / 109 kg	240 lbs / 109 kg +
57	Up to 265 lbs / 120 kg	265 lbs/ 120 kg +
60	Up to 290 lbs / 132 kg	290 lbs / 132 kg +
63	Up to 300 lbs / 136 kg	300 lbs / 136 kg +

*If you can't find your size on this list, please email studentlife@nbccd.ca as soon as possible.