



MEN'S UPPER BODY SIZING

HOW TO MEASURE

Arm length – Measure arm length from neck to wrist fold along the top of the arm with the arm fully extended.

Chest – Measure horizontally around the fullest part of the chest.

Waist - Measure horizontally around the narrowest part of the waist, your natural waist, at the small of the back or where your body bends if you lean to the side.

MEN'S UPPER BODY MEASUREMENT CHART

	XS	S	M	L	XL	XXL
Chest	90 cm 35.5"	94 cm 37"	102cm 40"	109cm 43"	117 cm 46"	122 cm 48"
Waist	71 cm 28"	76 cm 30"	81 cm 32"	86 cm 34"	91 cm 36"	96 cm 38"
Arm Length	83 cm 33"	83 cm 33"	86cm 34"	89cm 35	91 cm 36"	91 cm 36"

While all of Rab’s garments are sized to these measurements, you will find that the cut on jackets designed for use in more extreme environments will be slightly more generous in the expectation that these designs will be used with additional/thicker mid-layers. If you plan on using a jacket like this with fewer layers beneath it, please keep this in mind when selecting your size.

REGULAR FIT FOR GARMENTS

Designed to be versatile, Regular Fit garments are not closely fitted making them ideal for cross-seasonal use and multi-layering. Regular fit garments are contoured, with room for movement.

SLIM FIT FOR GARMENTS

Slim Fit garments are designed to be worn closer to the body or over layers such as baselayers and light mid-layers. Slim fit garments are close fitting for maximum performance when moving dynamically.

EXPEDITION FIT FOR GARMENTS

Expedition garments are designed to be worn in colder conditions over more layers of clothing than our other fits and are oversized slightly to allow for this.

# MEN'S LEGWEAR SIZING

## HOW TO MEASURE

Waist - Measure horizontally around the narrowest part of the waist, your natural waist, at the small of the back or where your body bends if you lean to the side.

Leg Length – Measure from the crotch (top of inner thigh) to where you would want the hem to sit on your foot or shoe.

### MEN'S LEGWEAR SIZING CHART

Waist	XS-28"	S-30"	M-32"	L-34"	XL-36"	XXL-38"
Short Leg	-	-	30"/XS	30"/XS	30"/XS	30"/XS
Regular Leg	32"	32"	32"	32"	32"	32"
Long Leg	-	-	34"/XL	34"/XL	34"/XL	34"/XL

### REGULAR FIT FOR GARMENTS

Designed to be versatile, Regular Fit garments are not closely fitted making them ideal for cross-seasonal use and multi-layering. Regular fit garments are contoured, with room for movement.

### SLIM FIT FOR GARMENTS

Slim Fit garments are designed to be worn closer to the body or over layers such as baselayers and light mid-layers. Slim fit garments are close fitting for maximum performance when moving dynamically.

# WOMEN'S UPPER BODY SIZING

## HOW TO MEASURE

Arm length – Measure arm length from neck to wrist fold along the top of the arm with the arm fully extended.

Chest – Measure horizontally around the fullest part of the chest.

Waist - Measure horizontally around the narrowest part of the waist, your natural waist, at the small of the back or where your body bends if you lean to the side.

### WOMEN'S UPPER BODY MEASUREMENT CHART

	UK 6	UK 8	UK 10	UK 12	UK 14	UK 16	UK 18
	(XXS)	(XS)	(S)	(M)	(L)	(XL)	(XXL)
Chest	79 cm 31"	84 cm 33"	89 cm 35"	94 cm 37"	99 cm 39"	104 cm 41"	109 cm 43"
Waist	65 cm 25.5"	69 cm 27"	72 cm 28"	76 cm 30"	81 cm 32"	86 cm 34"	91 cm 36"
Arm Length	66 cm 26"	70 cm 27"	70 cm 27"	72 cm 28"	74 cm 29"	76 cm 30"	76 cm 30"
Hips	85 cm 33.5"	89 cm 35"	94 cm 37"	99 cm 39"	104 cm 41"	109 cm 43"	114 cm 45"

While all of Rab’s garments are sized to these measurements, you will find that the cut on jackets designed for use in more extreme environments will be slightly more generous in the expectation that these designs will be used with additional/thicker mid-layers. If you plan on using a jacket like this with fewer layers beneath it, please keep this in mind when selecting your size.

### REGULAR FIT FOR GARMENTS

Designed to be versatile, Regular Fit garments are not closely fitted making them ideal for cross-seasonal use and multi-layering. Regular fit garments are contoured, with room for movement.

### SLIM FIT FOR GARMENTS

Slim Fit garments are designed to be worn closer to the body or over layers such as baselayers and light mid-layers. Slim fit garments are close fitting for maximum performance when moving dynamically.

### EXPEDITION FIT FOR GARMENTS

Expedition garments are designed to be worn in colder conditions over more layers of clothing than our other fits and are oversized slightly to allow for this.

# WOMEN'S LEGWEAR SIZING

## HOW TO MEASURE

Waist - Measure horizontally around the narrowest part of the waist, your natural waist, at the small of the back or where your body bends if you lean to the side.

Leg Length – Measure from the crotch (top of inner thigh) to where you would want the hem to sit on your foot or shoe.

### WOMEN'S SIZING CHART - LEGWEAR

	UK 8	UK 10	UK 12	UK 14	UK 16
	(XS)	(S)	(M)	(L)	(XL)
Waist	66 cm	69 cm	74 cm	79 cm	84 cm
	26"	27"	29"	31"	33"
Hips	89 cm	94 cm	99 cm	104 cm	109 cm
	35"	37"	39"	41"	43"

Waist	UK 8	UK 10	UK 12	UK 14	UK 16
	(XS)	(S)	(M)	(L)	(XL)
Short Leg (XS)	28"	28"	28"	28"	28"
Regular Leg	30"	30"	30"	30"	30"
Long Leg (XL)	32"	32"	32"	32"	32"

### REGULAR FIT FOR GARMENTS

Designed to be versatile, Regular Fit garments are not closely fitted making them ideal for cross-seasonal use and multi-layering. Regular fit garments are contoured, with room for movement.

### SLIM FIT FOR GARMENTS

Slim Fit garments are designed to be worn closer to the body or over layers such as baselayers and light mid-layers. Slim fit garments are close fitting for maximum performance when moving dynamically.