Men's Sizes - Normal length, normal width. Measurements in centimeters

| EU Dual Sizes |  | XS | S |  | M |  |  | L |  | XL |  | XXL |  |  | XXXL |  |  |
| :--- | :--- | :--- | :--- | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| XXXXL |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| EU Single Sizes | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 |  |  |
| Size UK | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 |  |  |
| 1 | Chest width | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 | 140 |  |
| 2 | Waist | 72 | 76 | 80 | 84 | 88 | 92 | 97 | 102 | 108 | 114 | 120 | 125 | 130 | 135 | 140 |  |
| 3 | Hip | 87 | 90 | 94 | 98 | 102 | 106 | 110 | 114 | 118 | 122 | 126 | 130 | 134 | 138 | 142 |  |
| 4 | Inside leg length | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 84 | 85 | 85 | 86 | 86 | 86 | 86 |  |
| 5 | Collar | 36 | $37-38$ | $39-40$ | $41-42$ | $43-44$ | $45-46$ | $47-48$ | $49-50$ |  |  |  |  |  |  |  |  |

Measure directly on your body, use a measuring tape in centimeters.
To choose correct size for jackets and tops, measure your Chest Width.
To choose correct size for bottoms measure your Hip Width.
The measurements in the Size Charts are body width measurements, range of movement is included in the garments.Chest width - Measure the widest part of your chest over the shoulder blades.
Use this measurement when selecting jackets and tops.
(2) Waist - Measure your waist at the narrowest point.Hip - Measure around the widest part of your hips, generally 20 cm below your waist. This measurement control which size to choose for trousers. Waist measurement is secondary.Inside leg length - Measure from the crotch down to the floor.Collar - Measure around your neck right below the Adam's apple.

Men's Sizes - Long length, normal width. Measurements in centimeters

| EU Long Sizes |  | 146 | 148 | 150 | 152 | 154 | 156 | 158 |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size UK Long |  | 36 L | 38 L | 40 L | 42 L | 44 L | 46 L | 48 L |
| 1 | Chest width | 92 | 96 | 100 | 104 | 108 | 112 | 116 |
| 2 | Waist | 80 | 84 | 88 | 92 | 97 | 102 | 108 |
| 3 | Hip | 94 | 98 | 102 | 106 | 110 | 114 | 118 |
| 4 | Inside leg length | 86 | 87 | 87 | 88 | 88 | 89 | 89 |

Men's Sizes - Short length, wide width. Measurements in centimeters

| EU Short Wide |  | D96 | D100 | D104 | D108 | D112 | D116 | D120 |
| :---: | :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size UK Short |  | $38 S$ | 40 S | 42 S | 44 S | $46 S$ | $48 S$ | 50 S |
| 1 | Chest width | 96 | 100 | 104 | 108 | 112 | 116 | 120 |
| 2 | Waist | 88 | 92 | 96 | 101 | 106 | 112 | 118 |
| 3 | Hip | 100 | 104 | 108 | 112 | 116 | 120 | 124 |
| 4 | Inside leg length | 78 | 78 | 79 | 79 | 80 | 80 | 81 |

* Note - UK Sizes are moved one position in the size table to match short sizes, not short and wide sizes. If you need short and wide size, order one size bigger.

Women's Sizes - Body length $168 \mathrm{~cm}+/-4 \mathrm{~cm}$. Measurements in centimeters

|  | Dual Sizes | XS |  | S |  | M |  | L |  | XL |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Single Sizes | 32 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 |
|  | Uze UK |  | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 | 24 |
|  | ze FRA/SPA |  | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 |
|  | İ ITALY |  | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 |
|  | ze RUSSIA |  | $42 / 44$ | $44 / 46$ | $46 / 48$ | $48 / 50$ | $50$ | $52 / 54$ | $54 / 56$ | $56$ | $58 / 60$ |
| 1 | Bust width | 76 | 80 | 84 | 88 | 92 | 96 | 100 | 104 | 110 | 116 |
| 2 | Waist | 60 | 64 | 68 | 72 | 76 | 80 | 84 | 88 | 94 | 100 |
| 3 | Hip | 84 | 88 | 92 | 96 | 100 | 104 | 108 | 112 | 117 | 122 |
| 4 | Inside leg length | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 | 79 |

Measure directly on your body, use a measuring tape in centimeters.
To choose correct size for jackets and tops, measure your Bust Width.
To choose correct size for bottoms measure your Hip Width.
The measurements in the Size Charts are body width measurements, range of movement is included in the garments.Bust width - Measure the widest part of your bust over the shoulder blades when wearing a bra.
Use this measurement when selecting jackets and tops.
(2)

Waist - Measure your waist at the narrowest point.
(3)

Hip - Measure around the widest part of your hips, generally 20 cm below your waist.
This measurement control which size to choose for trousers. Waist measurement is secondary.
(4)

Inside leg length - Measure from the crotch down to the floor.

Youth sizes Boys - Measurements in centimeters
Youth sizes Girls - Measurements in centimeters

| Cl | Centilong | 120 | 130 | 140 | 150 | 160 |
| :--- | :--- | :---: | :---: | :---: | :---: | :---: |
|  | Age (years) | $6-7$ | $7-8$ | $9-10$ | $10-12$ | $13-14$ |
| 1 | Bust width | 62 | 67 | 72 | 77 | 80 |
| 2 | Waist | 57 | 60,5 | 63,5 | 66 | 69,5 |
| 3 | Hip | 65 | 71 | 76,5 | 82,5 | 87 |
| 4 | Inside leg length | 55 | 60 | 65 | 70 | 75 |
| 5 | Head circumference | $52 / 54$ | $52 / 54$ | $54 / 56$ | $54 / 56$ | $56 / 58$ |



Measure directly on your body, use a measuring tape in centimeters.
To choose correct size for jackets and tops, measure your Chest Width.
To choose correct size for bottoms measure your Hip Width.
The measurements in the Size Charts are body width measurements, range of movement is included in the garments.
(1)

Chest width - Measure the widest part of your chest over the shoulder blades.
Use this measurement when selecting jackets and tops.
(2)

Waist - Measure your waist at the narrowest point.
(3)

Hip - Measure around the widest part of your hips.
This measurement control which size to choose for trousers. Waist measurement is secondary.
(4)

Inside leg length - Measure from the crotch down to the floor.
(5)

Head - Measaure head circumference at head widest part just above the eyebrows and ears.
(C)

Centilong - Body length.
Stand with your back towards a wall and measure straight from head highest point to the floor.

|  | S/M |  |  |  | L/XL |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size | S |  | M |  | L |  | XL |  | XXL |  |
| Head | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 |

Measure the head circumference at the head widest point, just above the eyebrows and a few centimeters above the ears.


| Size | 6 | 7 | 8 | 9 | 10 | 11 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: |
| Hand length | 16 | 17,1 | 18,2 | 19,2 | 20,4 | 21,5 |
| Hand circumference | 15,2 | 17,8 | 20,3 | 22,9 | 25,4 | 27,9 |

Measure the length of the hand from the wrist to the middle finger tip. Measure the hand circumference approximately 2 cm above the thumb grip.


| Size EU | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size UK | $31 / 2$ | 4 | 5 | 6 | $61 / 2$ | 7 | 8 | 9 | $91 / 2$ | $101 / 2$ | 11 | 12 | 13 |
| Sole inner length | 24,1 | 24,5 | 24,9 | 25,3 | 26,3 | 26,7 | 27,4 | 28,4 | 29,2 | 30 | 30,5 | 30,9 | 32 |

The measurements specifies the sole inner length. Mesurements in centimeters.
For best comfort and room for a sock, choose a shoe size that is at least $1,5 \mathrm{~cm}$ longer than the length of your foot.
To get your foot length, place the foot on a piece of paper and make two markings with a pen, one at the big toe and one at the heel. Then measure the distance between the two markings with ruler or tape measure. Note that the foot should be loaded when drawing the markings since it becomes slighly bigger.

