# Sizing & measurements

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the size indicated by your chest measurement.

## How to measure yourself







MEN

#### A. CHEST

Wrap a tape measure evenly around the fullest part around the chest under your arms.

#### **B. WAIST**

Wrap a measure tape around your natural waistline.

### E. INSIDE OF LEG

Measure from the lowest part of the neck, over the tip of the shoulder and down the outside of the arm, past the elbow and to the Don't forget to stand as straight as possible. wrist. Keep the arm slightly bent.

C. SHOULDER AND SLEEVE LENGTH

around the fullest part of your hips.

D. SEAT

F. LENGTH Standing with your feet together, measure

Standing with your feet together, measure from the crotch all the way down to the floor. You may have to ask a friend to help you.

The total length of your body.

MEN									
SIZE	XS	S	М	L	XL	XXL	3XL	4XL	
Chest (cm)	87	93	99	105	111	119	127	135	
Waist (cm)	75	81	87	93	99	107	115	123	
Seat (cm)	89	95	101	107	113	121	129	137	
Shoulder+ Sleeve lenght (cm)	78	80	82	84	86	88	90	92	
Inside of leg (cm)	82	84	86	88	90	92	94	96	
Length (cm)	172	176	180	184	188	192	196	200	

WOMEN									
SIZE	xs	s	М	L	XL	XXL	3XL	4XL	
Chest (cm)	82	88	94	100	106	114	122	130	
Waist (cm)	64	70	76	82	88	96	104	112	
Seat (cm)	90	96	102	108	114	122	130	138	
Shoulder+ Sleeve lenght (cm)	71	72,5	74	75,5	77	78,5	80	81,5	
Inside of leg (cm)	79	80,5	82	83,5	85	86,5	88	89,5	
Length (cm)	164	167	170	173	176	179	182	185	

JUNIOR									
SIZE	74/80 -1 år	86/92 1-2 år	98/104 2-4 år	110/116 4-6 år	122/128 6-8 år	134/140 8 -10 år	146/152 10-12 år	158/164 12-14 år	
Chest (cm)	51	54	56	58	64	70	76	82	
Waist (cm)	49	51	53	55	58	62	65	69	
Seat (cm)	51	55	59	63	69	75	81	87	
Shoulder+ Sleeve lenght (cm)	32	37	43,5	47,5	51,5	57	62	68	
Inside of leg (cm)	30	37	44	51	59	66	72	77	
Length (cm)	80	92	104	116	128	140	152	164	

GLOVES	_		_			_	
SIZE	xxs	XS	S	Μ	L	XL	XXL
Around palm	6-INCH	7-INCH	8-INCH	9-INCH	10-INCH	11-INCH	12-INCH

SOCKS						HATS		
UNISEX	34/36	37/39	40/42	43/45	46/48	SIZE	S/M	L/XL
JUNIOR	22-24	25-27	29-30	31-33	34-36	Around head	54/56	58/60