

## MEN'S | CLOTHING SIZE GUIDES

### JACKETS, FLEECE, BASE LAYERS AND T SHIRTS

	USA / UK / EU	XS	S	M	L	XL	XXL	XXXL
Chest	Inches	33 - 35	36 - 38	39 - 41	42 - 44	45 - 47	48 - 50	51 - 53
	Centimetres	84 - 89	91 - 97	99 - 104	106 - 112	114 - 120	122 - 127	129 - 135
Arm Length	Inches	32.5	33	34	35	36	36.5	37
	Centimetres	82.5	84	86.5	89	91.5	93	94

### SKI PANTS, SHORTS & OVERTROUSERS

	USA / UK / EU	XS	S	M	L	XL	XXL	XXXL
Waist	Inches	25 - 27	28 - 30	31 - 33	34 - 36	37 - 39	40 - 42	43 - 45
	Centimetres	63 - 69	71 - 76	79 - 84	86 - 92	94 - 99	101 - 107	109 - 114
Leg Length	Inches	29	30	31.5	33	34	35	36
	Centimetres	74	76	80	84	86	89	91

### TROUSERS AND SHORTS

	USA / UK / EU	XS	S	M	L	XL	XXL
Waist	Inches	25-27	28 - 30	31 - 33	34 - 36	37 - 39	40 - 42
	Centimetres	63.5 - 68.5	71 - 76	79 - 84	86.5 - 91.5	94 - 99	101.5 - 107
Leg Length	Inches	Short (S)		Regular (R)		Long (L)	
	Centimetres	29		31		33	
		76		81		86	

Additional information

\* The waist size for shorts is the same as for trousers

\* Charts refer to body measurements and not to the products

### Mens | How to measure

#### 1 Chest

Measure around the chest, just under the arms, and across the back of your shoulder.

#### 2 Waist

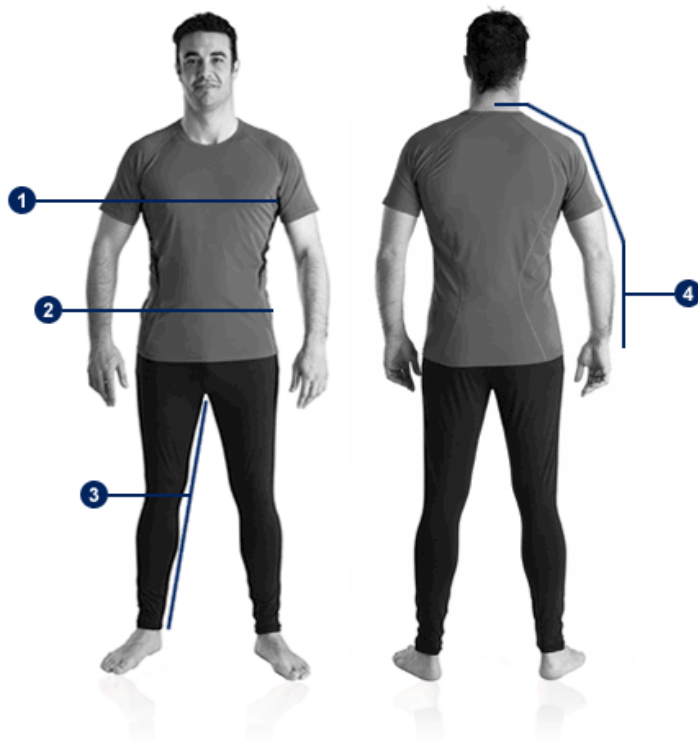
Measure around your natural waist as shown in the diagram.

#### 3 Inside Leg

Measure your inside leg from crotch to ankle bone keeping your leg straight; not as easy as it sounds! You could take a pair of trousers that you already own, that fit you well, and measure from the crotch to the bottom of the leg.

#### 4 Arm Length

This is a bit more tricky! Measure from the top of your spine (at the bottom of your neck) to your elbow, and on to your wrist.



## Fit Information

Performance clothing should work with the natural movement of the body, not against it. Fit is a big part of this. Too tight and movement will be restricted. Too loose and it just creates unnecessary bulk. We haven't just looked at how they fit when worn alone, but how they work when worn together as part of a layering system.

Every Berghaus product has been designed to enhance, not hinder, performance and movement.

We group our products into three main segments that reflect this: Technical Fit, Active Fit and Relaxed Fit.

## Mens | Technical Fit, Active Fit and Relaxed Fit



### 1 | Technical Fit

Cut close to the body for enhanced performance, these garments will generally be designed for performance. Products will be patterned and graded for active use, taking into account likely combinations of clothing layers.



### 2 | Active Fit

Not body hugging, not baggy. Active fit garments will fit a little more generously than garments with a Technical Fit to offer a combination of both performance and comfort. Active Fit garments are patterned and graded to layer with similar fitting products.



### 3 | Relaxed Fit

A classic cut for a relaxed, ultra comfortable fit and feel.

## MENS FOOTWEAR SIZE GUIDES

### FOOTWEAR

UK	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
USA	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14
EU	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53

### SOCKS

Size	Small (S)	Medium (M)	Large (L)	Extra Large (XL)
UK	3 - 6	6 - 9	9 - 12	12 - 14
USA	4 - 7	7 - 10	10 - 13	13 - 15
EU	36 - 39	39 - 43	43 - 46	46 - 48

## WOMEN'S | CLOTHING SIZE GUIDES

### TROUSERS, SHORTS & OVERTROUSERS

	UK	8	10	12	14	16	18	20
	Germany	34	36	38	40	42	44	46
	USA	4	6	8	10	12	14	16
Waist	Inches	26	27.5	29	31	33	35	37
	Centimetres	66	70	73.5	78.5	84	89	94
Seat/Hip	Inches	35	37	39	41	43	45	47
	Centimetres	89	94	99	104	109	114.5	119
Variable Leg Length	Inches	29.5	30	31	31.5	32	32.5	33
	Centimetres	75	76	78.5	80	81.5	82.5	83.5
		Short (S)		Regular (R)			Large (L)	
Leg Lengths	Inches	29		31			33	
	Centimetres	74		79			84	

Additional information

The waist size for shorts is the same as for trousers

Charts refer to body measurements and not to the products

### JACKETS, FLEECES, BASE LAYERS, SHIRTS & T SHIRTS

UK/USA/EU	8	10	12	14	16	18	20
Chest	inches32	34	36	38	40	42	44
	cm 81	86	91	96	101	106	112
Arm Length	inches28.5	29	30	30.5	31.5	32	32
	cm 72.5	74	76	78	80	81.5	81.5

### Womens | How to measure

#### 1 Chest

Measure around the chest, just under the arms, and across the back of your shoulder.

#### 2 Waist

Measure around your natural waist as shown in the diagram.

#### 3 Seat / Hip

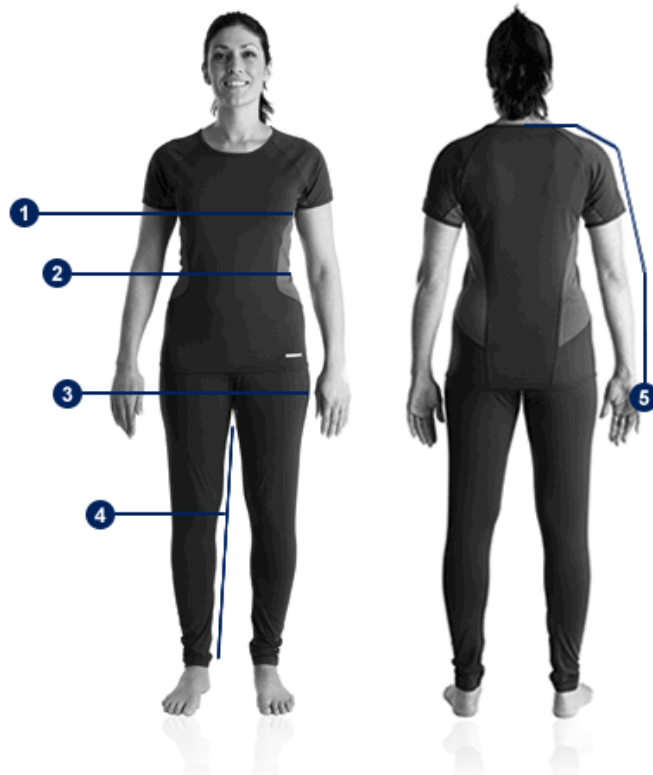
Measure around the widest part of your hips, standing with your feet together.

#### 4 Inside Leg

Measure your inside leg from crotch to ankle bone keeping your leg straight; not as easy as it sounds! You could take a pair of trousers that you already own, that fit you well, and measure from the crotch to the bottom of the leg.

#### 5 Arm Length

This is a bit more tricky! Measure from the top of your spine (at the bottom of your neck) to your elbow, and on to your wrist.



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WOMENS FOOTWEAR SIZE GUIDE

UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9
USA	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
EU	36	37	37.5	38	38.5	39.5	40	40.5	41.5	42	42.5	43

## KIDS | CLOTHING SIZE GUIDES

### CLOTHING

#### METRIC

AGE	HEIGHT	WAIST	CHEST
3-4	98-104cm	53-54cm	54-56cm
5-6	110-116cm	55-56cm	58-61cm
7-8	112-128cm	56-57cm	63-66cm
9-10	134-140cm	58-62cm	68-71cm
11-12	146-152cm	64-65cm	73-78cm
13	158-164cm	66-67cm	78-87cm

#### IMPERIAL

AGE	HEIGHT	WAIST	CHEST
3-4	38.5-41"	20.5-21"	21-22"
5-6	43-45.5"	21.5-22"	22.5-24"
7-8	48-50"	22-22.5"	25-26"
9-10	52.5-55"	23-24.5"	26.5-28"
11-12	57.5-60"	25-25.5"	29-31"
13	62-64.5"	26-26.5"	31-34"

#### Measuring tips

Take your actual body measurements as they are more accurate than measuring over your clothes or shoes.

**Collar:** measure around the base of the neck where the collar sits.  
**Chest:** measure the chest at the fullest part, placing the tape close up under the arms.  
**Waist:** measure the natural waistline.  
**Inside Leg:** measure from the crotch to where your trouser is normally worn on the shoe.  
**Jacket Length:** measure from the centre back of your neck to your hemline. Then length measurement will vary depending on the style.  
**Feet:** Use a ruler or tape measure to measure your foot (from the heel to the tip of your longest toe) Be sure to measure both feet. Many people have feet of different sizes. Fit to the larger of the two.

### SOCKS

Size	Small (S)	Medium (M)	Large (L)
UK	3 - 5	5 - 7	7 - 9
USA	4 - 6.5	6.5 - 8.5	8.5 - 10.5
EU	35 - 38	38 - 41	41 - 43

### EQUIPMENT

At Berghaus we know that getting the right fit of a rucksack is really important. To help us tailor the fit of our backsystems our range is built around three types of fit system.  
Sized Systems  
Adjustable Systems  
One Size Systems  
How to Measure  
Each of these three systems have a variety of benefits that are relevant to the end uses that the rucksack is used for.

#### SIZED SYSTEMS

CYCLOPS & FUSION 3 BACKLENGTH MEASUREMENTS (FUSION 3 IS ONLY AVAILABLE IN SIZE 3 & 4)

Size	1	2	3	4
Back length (cms)	34-40	38-43	43-48	48-54
Typical height (feet/inches)	5'0"-5'5"	5'3"-5'8"	5'8"-5'11"	6'0"-6'6"
Typical height (cms)	153-165	160-173	170-183	183-198

Additional information  
Our sized backsystem include the world renowned Cyclops system and the newer Fusion 3 system. Both systems are available in a variety of sizes that give a more tailored fit for the individual, but without the addition of the mechanics required to build an adjustable system. This simple and light approach makes the sized systems ideal for more rugged environments and longer duration trips where resupply is difficult and where you are likely to be carrying heavy loads perhaps in excess of 20kg.

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## ADJUSTABLE SYSTEMS

Size	Men	Women
Back length (cms)	16.5	14.5
	42	37
Back length	20.5	18.5
	52	47
	5'5" - 6'6" 5'1" - 5'10"	
Typical height (cms)	165 - 198 154 - 182	

Additional information

Our adjustable systems are based around the principle that one size can fit all. The backlength of the adjustable system can be varied to achieve a great fit on almost all sizes of people.

Adjustability is built into the Bioflex, Bioflex Light, Biofit, A-Trek & the larger Freeflow packs. These multiple systems allow us flexibility in designing rucksacks for different end uses and for a wide variety of loads.

Back length for Adjustable Systems (Bioflex, Bioflex Light, Biofit, A-Trek & Freeflow)

Back length is measured from the top of the hip bone to the apex of the shoulder (following the curvature of the body).

## ONE SIZE SYSTEM

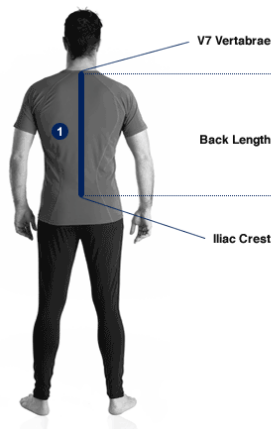
	Unisex	Womens
Rucksack backlength (cm)	45	41

\* Our rucksacks with a one size system are manufactured with a backlength of 45cm (unisex) or 41cm (womens). This allows the packs to fit the maximum number of people.

### Equipment | How to measure

#### 1 Back Length

To measure your backlength you measure the distance up your centre back from the level of your iliac crest to the C7 vertebrae. The Iliac Crest is the front of the pelvis, usually where your jeans sit, you then extend an imaginary line round to your centre back. The V7 Vertebrae is at the base of the neck and is usually easy to find as it is quite a large joint and normally sticks out slightly.



# ACCESSORIES SIZE GUIDES

Hats  
Gloves  
Yeti Gaiters

## HATS ONE SIZE STYLES

Head Circumference	Inches Cm	MensWomens	
		23	22
		58	56

## HATS DUAL SIZE STYLES

Head Circumference	inches cm	Mens S/M	Womens S/M	Mens L/XL	Womens L/XL
		22	21	23	22
		56	54	58	56

## HATS SINGLE SIZE STYLES

Head Circumference	inches cm	S M L XL			
		22	23	24	25
		56	58	61	64

### Hats | How to measure

- 1

Head Circumference

Measure the whole circumference of the head, positioning the tape measure just above the ear.



**GAITORS**

Size	Foot Sizing			New Length	
	UK	EU	USA	Regular	Long
Small / Medium	5 - 7	38 - 41	6 - 8	40cm / 16inches	45cm / 18 inches
Large / Extra Large	8 - 10.5	42 - 45	9 - 11.5	40cm / 16inches	45cm / 18 inches

**YETI GAITORS**

Size	UK Boot Size	European Boot Size	USA Boot Size
XS	3 - 3.5	36 - 37	4 - 4.5
S	4.5 - 5.5	38 - 39	5.5 - 6.5
M	6 - 7	40 - 41	7 - 8
L	7.5 - 8.5	42 - 43	8.5 - 9.5
XL	9 - 10	44 - 45	10 - 11
XXL	11 - 12	46 - 47	12 - 13

Additional information

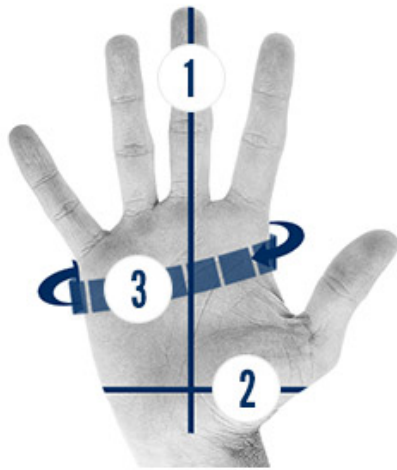
The gaiter is engineered to be a secure and tight fit on mountaineering boots, therefore you may prefer to choose a size larger than your normal boot size.

**GLOVES**

	Mens/Unisex Womens							
	S	M	L	XL	S	M	L	XL
Hand length (centimetres)	19	20	21	22	17	18	19	20
Hand length (inches)	7.5	8	8.5	9	5.5	6	6.5	7
Hand width (centimetres)	8.5	9	9.5	10	7.5	8	8.5	9
Hand width (inches)	3	3.5	4	4.5	2.5	3	3.5	4
Hand circumference (centimetres)	19	21	22	23	18	19	20	21
Hand circumference (inches)	7.5	8.5	9	9.5	5.5	6	6.5	7



## MEASURING GUIDE/GLOVES



### **Hand length**

Measure from the top of your middle finger to the wrist (fig 1)

### **Hand width**

Measure from the base of your thumb knuckle to the outside of your hand (fig 2)

### **Hand circumference**

Measure from the total circumference of your hand below your finger knuckles (fig 3)