

# Sizing & Measurement

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**



**WOMEN**



**JUNIOR**

**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.

**C. SHOULDER AND SLEEVE LENGTH**

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 wrist. Keep the arm slightly bent.

**D. SEAT**

Standing with your feet together, measure around the fullest part of your hips.

**E. INSIDE OF LEG**

Standing with your feet together, measure from the crotch all the way down to the floor. Don't forget to stand as straight as possible. You may have to ask a friend to help you.

**F. LENGTH**

The total length of your body from foot up to the top of your head.

**MEN**

SIZE	XS	S	M	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 length (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	M	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 length (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 yrs	86/92 1-2 yrs	98/104 2-4 yrs	110/116 4-6 yrs	122/128 6-8 yrs	134/140 8-10 yrs	146/152 10-12 yrs	158/164 12-14 yrs
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 length (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

## SHOE COVER

SIZE	XS	S	M	L	XL
Shoe Size	34-36	37-39	40-42	43-45	46-48

## SPORT BRA

SIZE	XS	S	M	L	XL	XXL
Around body under bust	70	75	80	85	90	95

## GLOVES

SIZE	XXS	XS	S	M	L	XL	XXL
Around Palm	6-INCH	7-INCH	8-INCH	9-INCH	10-INCH	11-INCH	12-INCH

## SOCKS

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

## HATS