

# Size guide

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.

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 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	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 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 US Size: Youth XXS	122/128 6-8 år US Size: Youth XS	134/140 8-10 år US Size: Youth Small	146/152 10-12 år US Size: Youth Medium	158/164 12-14 år US Size: Youth Large
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	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
JUNIOR	22-24	25-27	29-30	31-33	34-36

HATS		
SIZE	S/M	L/XL
Around head	54/56	58/60

# Size guide shoes

## How to measure your feet



### Step 1

Stand up straight on a hard surface with your heel against the wall and a piece of blank paper taped to the floor.



### Step 2

Have someone mark the longest part of your foot (referred to as heel-to-toe length) on the paper with a pen or pencil, or measure yourself if necessary. Repeat with the other foot, as sizes may be different on left and right foot.



### Step 3

Use a ruler to measure the heel-to-toe length you marked for each foot.

MEN			
UK	US	EU	Heel-to-toe
6	7	39½	25
6½	7½	40	25,5
7	8	40¾	26
7½	8½	41½	26,5
8	9	42	27
8½	9½	43	27,5
9	10	43½	28
9½	10½	44	28,5
10	11	44½	29
10½	11½	45	29,5
11	12	45¾	30
11½	12½	46½	30,5
12	13	47	31
13	14	48½	32
14	15	49½	33
15	16	50½	34

WOMEN			
UK	US	EU	Heel-to-toe
3	5	35½	22
3½	5½	36	22,5
4	6	37	23
4½	6½	37½	23,5
5	7	38	24
5½	7½	38¾	24,5
6	8	39½	25
6½	8½	40	25,5
7	9	40¾	26
7½	9½	41½	26,5
8	10	42	27
9	11	43½	28