

MEN'S SIZE CHART

MEN'S FOOTWEAR CONVERSION

Euro	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
US	3.5	4	5	6	6.5	7.5	8	9	9.5	10.5	11.5	12	12.5	13.5	14
JPN	22.5	23	24	25	25.5	26	26.5	27.5	28.5	29.5	30	30.5	31.5	32	33

MEN'S APPAREL SIZE CHART (INCHES)

Euro Size	40	42	44	46	48	50	52	54	56	58	60	62	64
International Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL				
U.S. Size	30	32	34	36	38	40	42	44	46	48	50	52	54
U.S. Pant Size	24	26	28	30	32	34	36	38	40	42	44	46	48
A. Chest (Inches)	30 3/4 - 32 1/4	32 1/4 - 33 7/8	33 7/8 - 35 3/8	35 3/8 - 37	37 - 38 5/8	38 5/8 - 40 1/8	40 1/8 - 41 3/4	41 3/4 - 43 1/4	43 1/4 - 44 7/8	44 7/8 - 46 1/2	46 1/2 - 48	48 - 49 5/8	49 5/8 - 51 1/8
B. Waist (Inches)	25 1/4 - 26 3/4	26 3/4 - 28 3/8	28 3/8 - 29 7/8	29 7/8 - 31 1/2	31 1/2 - 33 1/8	33 1/8 - 34 5/8	34 5/8 - 36 1/4	36 1/4 - 37 3/4	37 3/4 - 39 1/4	39 1/4 - 41	41 - 42 1/2	42 1/2 - 44 1/8	44 1/8 - 45 5/8
C. Hip (Inches)	31 1/8 - 32 5/8	32 5/8 - 34 1/4	34 1/4 - 35 7/8	35 7/8 - 37 3/8	37 3/8 - 39	39 - 40 1/2	40 1/2 - 42 1/8	42 1/8 - 43 3/4	43 3/4 - 45 1/4	45 1/4 - 46 7/8	46 7/8 - 48 3/8	48 3/8 - 50	50 - 51 5/8
D. Thigh (Inches)	19 3/8 - 19 5/8	19 5/8 - 20 1/8	20 1/8 - 20 7/8	20 7/8 - 21 5/8	21 5/8 - 22 1/2	22 1/2 - 23 1/4	23 1/4 - 24	24 - 24 3/4	24 3/4 - 25 5/8	25 5/8 - 26 3/8	26 3/8 - 27 1/8	27 1/8 - 28 3/8	28 3/8 - 28 1/2
E. Inseam (Inches)	28 - 28 3/4	28 3/4 - 29 1/8	29 1/8 - 29 7/8	29 7/8 - 30 3/4	30 3/4 - 31 1/2	31 1/2 - 31 7/8	31 7/8 - 32 5/8	32 5/8 - 33 1/2	33 1/2 - 34 1/4	34 1/4 - 35	35 - 35 3/8	35 3/8 - 36 1/4	36 1/4 - 37 5/8
F. Outer Arm (Inches)	19 1/4 - 20 1/8	20 1/8 - 20 3/4	20 3/4 - 21 1/4	21 1/4 - 22	22 - 22 7/8	22 7/8 - 23 5/8	23 5/8 - 24 3/8	24 3/8 - 25 1/4	25 1/4 - 26	26 - 26 3/4	26 3/4 - 27 1/8	27 1/8 - 27 1/2	27 1/2 - 27 7/8
G. Height (Inches)	4'11" - 5'1"	5'2" - 5'4"	5'4" - 5'5"	5'6" - 5'7"	5'7" - 5'8"	5'9" - 5'10"	5'11" - 6"	6" - 6'2"	6'2" - 6'3"	6'3" - 6'5"	6'5" - 6'6"	6'6" - 6'8"	6'8" - 6'10"

HOW TO MEASURE

A. Chest
Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. Waist
Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C. Hip
Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D. Thigh
Measure around the thigh just below the crotch, keeping the tape horizontal.

E. Inseam
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

F. Arm Length
Measure from shoulder (Humerus) to wrist.

G. Height
Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

MEN'S APPAREL SIZE CHART (CM)

Euro Size	40	42	44	46	48	50	52	54	56	58	60	62	64
International Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL				
U.S. Size	30	32	34	36	38	40	42	44	46	48	50	52	54
U.S. Pant Size	24	26	28	30	32	34	36	38	40	42	44	46	48
A. Chest (cm)	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106	106 - 110	110 - 114	114 - 118	118 - 122	122 - 126	126 - 130
B. Waist (cm)	64 - 68	68 - 72	72 - 76	76 - 80	80 - 84	84 - 88	88 - 92	92 - 96	96 - 100	100 - 104	104 - 108	108 - 112	112 - 116
C. Hip (cm)	79 - 83	83 - 87	87 - 91	91 - 95	95 - 99	99 - 103	103 - 107	107 - 111	111 - 115	115 - 119	119 - 123	123 - 127	127 - 131
D. Thigh (cm)	48 - 49	50 - 51	52 - 53	54 - 55	56 - 57	58 - 59	60 - 61	62 - 63	64 - 65	66 - 67	68 - 69	70 - 71	72 - 73
E. Inseam (cm)	71 - 72	73 - 74	75 - 76	77 - 78	79 - 80	81 - 82	83 - 84	85 - 86	87 - 88	89 - 90	89 - 90	91 - 92	91 - 92
F. Outer Arm (cm)	49 - 50	51 - 52	53 - 54	55 - 56	57 - 58	59 - 60	61 - 62	63 - 64	65 - 66	67 - 68	67 - 68	69 - 70	69 - 70
G. Height (cm)	150 - 156	157 - 163	164 - 167	168 - 171	172 - 178	176 - 179	180 - 183	184 - 187	188 - 191	192 - 195	192 - 195	196 - 199	196 - 199

HOW TO MEASURE

A. Chest
Measure around the fullest part, under the armpits, keeping the tape horizontal.

B. Waist
Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

C. Hip
Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

D. Thigh
Measure around the thigh just below the crotch, keeping the tape horizontal.

E. Inseam
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

F. Arm Length
Measure from shoulder (Humerus) to wrist.

G. Height
Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

WOMEN'S SIZE CHART

WOMEN'S FOOTWEAR CONVERSION

Euro	36	37	38	39	40	41	42	43	44
US	5	6	7	8	8.5	9	10	11	11.5
JPN	22.5	23	24	25	25.5	26	26.5	27.5	28

WOMEN'S APPAREL SIZE CHART (INCHES)

Euro Size	36	38	40	42	44	46	48	50	52	54
International Size	XXS	XS	S	M	L	XL	XXL	3XL		
U.S. Size	0	2	4	6	8	10	12	14	16	18
U.S. Pant Size	22	24	26	28	30	32	34	36	38	40
A. Chest (Inches)	29 1/8 - 30 3/4	30 3/4 - 32 1/4	32 1/4 - 33 7/8	33 7/8 - 35 3/8	35 3/8 - 37	37 - 38 5/8	38 5/8 - 40 1/8	40 1/8 - 41 3/4	41 3/4 - 43 1/4	43 1/4 - 44 7/8
B. Bust (Inches)	30 3/4 - 32 1/4	32 1/4 - 33 7/8	33 7/8 - 35 3/8	35 3/8 - 37	37 - 38 5/8	38 5/8 - 40 1/8	40 1/8 - 41 3/4	41 3/4 - 43 1/4	43 1/4 - 44 7/8	44 7/8 - 46 1/2
C. Waist (Inches)	22 7/8 - 24 3/8	24 3/8 - 26	26 - 27 1/2	27 1/2 - 29 1/8	29 1/8 - 30 3/4	30 3/4 - 32 1/4	32 1/4 - 33 7/8	33 7/8 - 35 3/8	35 3/8 - 37	37 - 38 5/8
D. Hip (Inches)	32 1/4 - 33 7/8	33 7/8 - 35 3/8	35 3/8 - 37	37 - 38 5/8	38 5/8 - 40 1/8	40 1/8 - 41 3/4	41 3/4 - 43 1/4	43 1/4 - 44 7/8	44 7/8 - 46 1/2	46 1/2 - 48
E. Thighs (Inches)	19 5/8 - 20 1/8	20 1/8 - 20 7/8	21 1/4 - 21 5/8	22 - 22 1/2	22 7/8 - 23 1/4	23 5/8 - 24 3/4	24 3/8 - 24 7/8	25 1/4 - 25 5/8	26 - 26 3/8	26 3/4 - 27 1/8
F. Inner Legs (Inches)	28 3/8 - 28 3/4	29 1/8 - 29 1/2	29 7/8 - 30 3/8	30 3/4 - 31 1/8	31 1/2 - 31 7/8	32 1/4 - 32 7/8	33 1/8 - 33 3/4	33 7/8 - 34 1/2	33 7/8 - 34 1/4	33 7/8 - 34 1/4
G. Outer Legs (Inches)	19 5/8 - 20 1/8	20 1/2 - 20 7/8	21 1/4 - 21 5/8	22 - 22 1/2	22 7/8 - 23 1/4	23 5/8 - 24 3/4	24 3/8 - 24 7/8	24 3/8 - 24 3/4	25 1/4 - 25 5/8	25 1/4 - 25 5/8
H. Height (Inches)	5'2" - 5'3"	5'4" - 5'5"	5'5" - 5'6"	5'7" - 5'8"	5'8" - 5'9"	5'10" - 5'11"	5'11" - 6"	5'11" - 6"	6'1" - 6'2"	6'1" - 6'2"

HOW TO MEASURE

A. Chest
Measure around the chest under the armpits, keeping the tape horizontal.

B. Bust
Measure around the fullest part of the bust, keeping the tape horizontal.

C. Waist
Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

D. Hip
Measure around the fullest part of your hips, about 20cm below waist line, keeping the tape horizontal.

E. Thigh
Measure around the thigh just below the crotch, keeping the tape horizontal.

F. Inseam
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

G. Arm Length
Measure from shoulder (Humerus) to wrist.

H. Height
Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.

WOMEN'S APPAREL SIZE CHART (CM)

Euro Size	36	38	40	42	44	46	48	50	52	54
International Size	XXS	XS	S	M	L	XL	XXL	3XL		
U.S. Size	0	2	4	6	8	10	12	14	16	18
U.S. Pant Size	22	24	26	28	30	32	34	36	38	40
A. Chest (cm)	74 - 78	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106	106 - 110	110 - 114
B. Bust (cm)	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106	106 - 110	110 - 114	114 - 118
C. Waist (cm)	58 - 62	62 - 66	66 - 70	70 - 74	74 - 78	78 - 82	82 - 86	86 - 90	90 - 94	94 - 98
D. Hip (cm)	82 - 86	86 - 90	90 - 94	94 - 98	98 - 102	102 - 106	106 - 110	110 - 114	114 - 118	118 - 122
E. Thighs (cm)	50 - 51	52 - 53	54 - 55	56 - 57	58 - 59	60 - 61	62 - 63	64 - 65	66 - 67	68 - 69
F. Inner Legs (cm)	72 - 73	74 - 75	75 - 76	76 - 77	78 - 79	80 - 81	82 - 83	84 - 85	86 - 87	88 - 89
G. Outer Arm (cm)	50 - 51	52 - 53	54 - 55	56 - 57	58 - 59	60 - 61	62 - 63	62 - 63	64 - 65	64 - 65
H. Height (cm)	157 - 160	161 - 164	165 - 168	169 - 172	173 - 176	177 - 180	181 - 184	182 - 184	185 - 188	185 - 188

HOW TO MEASURE

A. Chest
Measure around the chest under the armpits, keeping the tape horizontal.

B. Bust
Measure around the fullest part of the bust, keeping the tape horizontal.

C. Waist
Measure around the natural waist line, inline with the navel, keeping the tape horizontal.

D. Hip
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E. Thigh
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Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

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H. Height
Stand against a wall, ask someone else to measure from the floor to the top of your head, keeping the tape vertical.