

MEN'S APPAREL - 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

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

E. Inner Leg

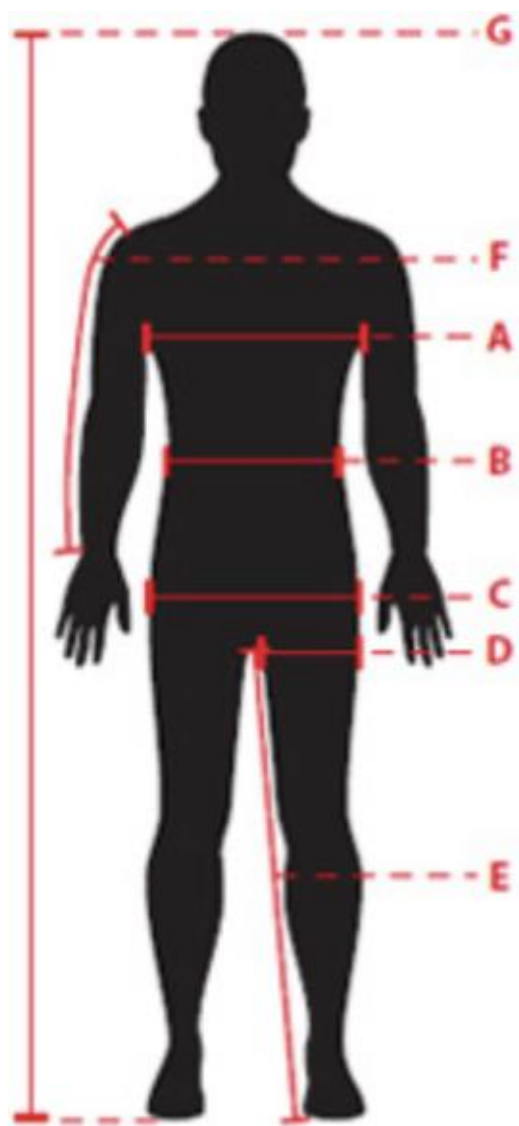
Measure around the thigh just below the crotch, keeping the tape horizontal.

F. Outer Arm

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 (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 1/2 - 20 7/8	21 1/4 - 21 5/8	22 - 22 1/2	22 7/8 - 23 1/4	23 5/8 - 24	24 3/8 - 24 3/4	25 1/4 - 25 5/8	26 - 26 3/8	26 3/4 - 27 1/8	27 1/2 - 28	28 3/8 - 28 1/2
E. Inseam (Inches)	28 - 28 3/4	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 5/8 - 33 1/8	33 1/2 - 33 7/8	34 1/4 - 34 5/8	35 - 35 3/8	35 - 35 3/8	35 7/8 - 36 1/4	35 7/8 - 36 1/4
F. Outer Arm (Inches)	19 1/4 - 20 1/8	20 1/8 - 20 3/4	20 7/8 - 21 1/4	21 5/8 - 22	22 1/2 - 22 7/8	23 1/4 - 23 5/8	24 - 24 3/8	24 3/4 - 25 1/4	25 5/8 - 26	26 3/8 - 26 3/4	26 3/8 - 26 3/4	27 1/8 - 27 1/2	27 1/8 - 27 1/2
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"	6'3" - 6'5"	6'5" - 6'6"	6'5" - 6'6"

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 - 175	176 - 179	180 - 183	184 - 187	188 - 191	192 - 195	192 - 195	196 - 199	196 - 199

WOMEN'S APPAREL - 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. Inner Leg

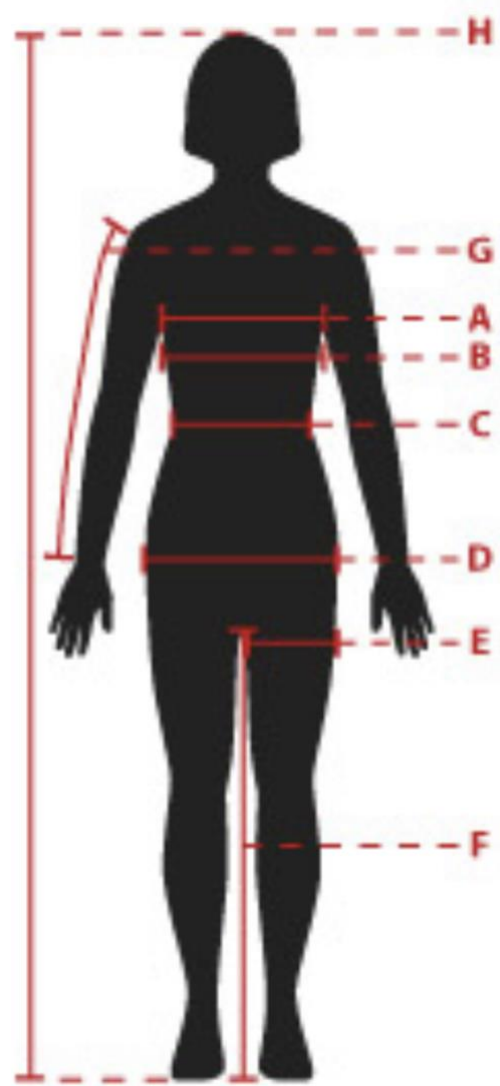
Stand against a wall, ask someone else to measure from the crotch to the bottom of your leg.

G. Outer Arm

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 (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)	<u>30 3/4 - 32</u> <u>1/4</u>	<u>32 1/4 - 33</u> <u>7/8</u>	<u>33 7/8 - 35</u> <u>3/8</u>	35 3/8 - 37	37 - 38 5/8	<u>38 5/8 - 40</u> <u>1/8</u>	<u>40 1/8 - 41</u> <u>3/4</u>	<u>41 3/4 - 43</u> <u>1/4</u>	<u>43 1/4 - 44</u> <u>7/8</u>	<u>44 7/8 - 46</u> <u>1/2</u>
C. Waist (Inches)	<u>22 7/8 - 24</u> <u>3/8</u>	24 3/8 - 26	26 - 27 1/2	<u>27 1/2 - 29</u> <u>1/8</u>	<u>29 1/8 - 30</u> <u>3/4</u>	<u>30 3/4 - 32</u> <u>1/4</u>	<u>32 1/4 - 33</u> <u>7/8</u>	<u>33 7/8 - 35</u> <u>3/8</u>	35 3/8 - 37	37 - 38 5/8
D. Hip (Inches)	<u>32 1/4 - 33</u> <u>7/8</u>	<u>33 7/8 - 35</u> <u>3/8</u>	35 3/8 - 37	37 - 38 5/8	<u>38 5/8 - 40</u> <u>1/8</u>	<u>40 1/8 - 41</u> <u>3/4</u>	<u>41 3/4 - 43</u> <u>1/4</u>	<u>43 1/4 - 44</u> <u>7/8</u>	<u>44 7/8 - 46</u> <u>1/2</u>	46 1/2 - 48
E. Thighs (Inches)	<u>19 5/8 - 20</u> <u>1/8</u>	<u>20 1/2 - 20</u> <u>7/8</u>	<u>21 1/4 - 21</u> <u>5/8</u>	22 - 22 1/2	<u>22 7/8 - 23</u> <u>1/4</u>	23 5/8 - 24	<u>24 3/8 - 24</u> <u>3/4</u>	<u>25 1/4 - 25</u> <u>5/8</u>	26 - 26 3/8	<u>26 3/4 - 27</u> <u>1/8</u>
F. Inner Legs (Inches)	<u>28 3/8 - 28</u> <u>3/4</u>	<u>29 1/8 - 29</u> <u>1/2</u>	<u>29 7/8 - 30</u> <u>3/8</u>	<u>30 3/4 - 31</u> <u>1/8</u>	<u>31 1/2 - 31</u> <u>7/8</u>	<u>32 1/4 - 32</u> <u>5/8</u>	<u>33 1/8 - 33</u> <u>1/2</u>	<u>33 1/8 - 33</u> <u>1/2</u>	<u>33 7/8 - 34</u> <u>1/4</u>	<u>33 7/8 - 34</u> <u>1/4</u>
G. Outer Legs (Inches)	<u>19 5/8 - 20</u> <u>1/8</u>	<u>20 1/2 - 20</u> <u>7/8</u>	<u>21 1/4 - 21</u> <u>5/8</u>	22 - 22 1/2	<u>22 7/8 - 23</u> <u>1/4</u>	23 5/8 - 24	<u>24 3/8 - 24</u> <u>3/4</u>	<u>24 3/8 - 24</u> <u>3/4</u>	<u>25 1/4 - 25</u> <u>5/8</u>	<u>25 1/4 - 25</u> <u>5/8</u>
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"

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	2XL		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 - 80	80 - 86	86 - 90	90 - 94.5	94.5 - 99	99 - 104	104 - 109	109 - 114		
B. Bust (cm)	78 - 84	84 - 90	90 - 94	94 - 98.5	98.5 - 103	103 - 108	108 - 113	113 - 118		
C. Waist (cm)	58 - 64	64 - 70	70 - 74	74 - 78.5	78.5 - 83	83 - 88	88 - 93	93 - 98		
D. Hip (cm)	82 - 88	88 - 94	94 - 98	98 - 102.5	102.5 - 107	107 - 112	112 - 117	117 - 122		
E. Thighs (cm)	50 - 52.5	52.5 - 55	55 - 57	57 - 59.5	59.5 - 61.5	61.5 - 64	64 - 66.5	66.5 - 69		
F. Inner Legs (cm)	72 - 74.5	74.5 - 77	77 - 80	80 - 82	82 - 83.5	83.5 - 84.5	84.5 - 86	86 - 87		
G. Outer Arm (cm)	50 - 52.5	52.5 - 55.5	55.5 - 58	58 - 60	60 - 61.5	61.5 - 62.5	62.5 - 64	64 - 65		
H. Height (cm)	157 - 162.5	162.5 - 168.5	168.5 - 172.5	172.5 - 176.5	176.5 - 180	180 - 182.5	182.5 - 185	185 - 188		
