

# Sizes & measurement

Measuring instructions for coveralls, trousers and tops

Measurements should be taken by another person.  
Do not tighten the measuring tape too much.  
Person being measured should be wearing only underwear (i.e. no shoes).

1. Chest/Bust width

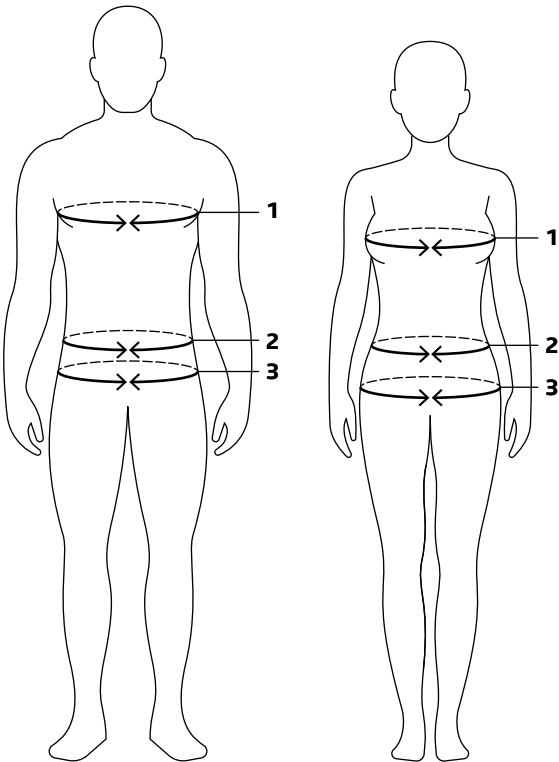
Measure under your arms around the fullest part of your chest/bust

2. Waist width

Measure around natural waistline

3. Hip width

Stand with your heels together and measure around the fullest part of your hips



♂ COVERALL SIZES FOR MEN

| EU | Asia |     | UK | USA | CHEST WIDTH |         | WAIST WIDTH |         | HIP WIDTH |         |
|----|------|-----|----|-----|-------------|---------|-------------|---------|-----------|---------|
|    |      |     |    |     | cm          | inches  | cm          | inches  | cm        | inches  |
| 42 | XS   | S/M | 32 | 32  | 82 – 85     | 32 – 33 | 70 – 73     | 27 – 28 | 85 – 89   | 33 – 35 |
| 44 | S    | L   | 34 | 34  | 86 – 89     | 34 – 35 | 74 – 77     | 29 – 31 | 90 – 94   | 35 – 37 |
| 46 | S    | L   | 36 | 36  | 90 – 93     | 35 – 37 | 78 – 81     | 31 – 32 | 95 – 98   | 37 – 39 |
| 48 | M    | XL  | 38 | 38  | 94 – 97     | 37 – 38 | 82 – 85     | 32 – 33 | 99 – 102  | 39 – 40 |
| 50 | M    | XL  | 40 | 40  | 98 – 101    | 39 – 40 | 86 – 89     | 34 – 35 | 103 – 106 | 41 – 42 |
| 52 | L    | 2XL | 42 | 42  | 102 – 105   | 40 – 41 | 90 – 94     | 35 – 37 | 107 – 110 | 42 – 43 |
| 54 | L    | 2XL | 44 | 44  | 106 – 109   | 42 – 43 | 95 – 99     | 37 – 39 | 111 – 114 | 44 – 45 |
| 56 | XL   | 3XL | 46 | 46  | 110 – 113   | 43 – 44 | 100 – 104   | 39 – 41 | 115 – 118 | 45 – 46 |
| 58 | XL   | 3XL | 48 | 48  | 114 – 117   | 45 – 46 | 105 – 109   | 41 – 43 | 119 – 122 | 47 – 48 |
| 60 | 2XL  | 4XL | 50 | 50  | 118 – 121   | 46 – 48 | 110 – 114   | 43 – 45 | 123 – 126 | 48 – 50 |
| 62 | 2XL  | 4XL | 52 | 52  | 122 – 125   | 48 – 49 | 115 – 119   | 45 – 47 | 127 – 130 | 50 – 51 |
| 64 | 3XL  | 5XL | 54 | 54  | 126 – 129   | 50 – 51 | 120 – 124   | 47 – 49 | 131 – 134 | 52 – 53 |
| 66 | 3XL  | 5XL | 56 | 56  | 130 – 134   | 51 – 53 | 125 – 129   | 49 – 51 | 135 – 138 | 53 – 54 |

♀ COVERALL SIZES FOR WOMEN

| EU | Asia |     | UK | USA | CHEST WIDTH |         | WAIST WIDTH |         | HIP WIDTH |         |
|----|------|-----|----|-----|-------------|---------|-------------|---------|-----------|---------|
|    |      |     |    |     | cm          | inches  | cm          | inches  | cm        | inches  |
| 34 | XS   | S/M | 8  | 4   | 78 – 81     | 30 – 32 | 64 – 66     | 25 – 26 | 88 – 91   | 34 – 35 |
| 36 | S    | L   | 10 | 6   | 82 – 85     | 32 – 34 | 67 – 70     | 26 – 28 | 92 – 95   | 36 – 37 |
| 38 | M    | XL  | 12 | 8   | 86 – 89     | 34 – 35 | 71 – 74     | 28 – 29 | 96 – 98   | 37 – 39 |
| 40 | L    | 2XL | 14 | 10  | 90 – 93     | 35 – 37 | 75 – 78     | 29 – 31 | 99 – 101  | 39 – 40 |
| 42 | XL   | 3XL | 16 | 12  | 94 – 97     | 37 – 38 | 79 – 82     | 31 – 32 | 102 – 104 | 40 – 41 |
| 44 | 2XL  | 4XL | 18 | 14  | 98 – 102    | 38 – 40 | 83 – 87     | 33 – 35 | 105 – 108 | 41 – 43 |
| 46 | 3XL  | 5XL | 20 | 16  | 103 – 107   | 40 – 42 | 88 – 93     | 35 – 37 | 109 – 112 | 43 – 44 |
| 48 | 4XL  | 6XL | 22 | 18  | 108 – 113   | 42 – 44 | 94 – 99     | 37 – 39 | 113 – 116 | 44 – 46 |

♂ TROUSERS SIZES FOR MEN

| EU | Asia |     | UK | USA | Inch sizes | WAIST WIDTH |         | HIP WIDTH |         |
|----|------|-----|----|-----|------------|-------------|---------|-----------|---------|
|    |      |     |    |     |            | cm          | inches  | cm        | inches  |
| 42 | XS   | S/M | 32 | 32  | 26/27      | 70 – 73     | 27 – 28 | 85 – 89   | 33 – 35 |
| 44 | S    | L   | 34 | 34  | 28/29      | 74 – 77     | 29 – 31 | 90 – 94   | 35 – 37 |
| 46 | S    | L   | 36 | 36  | 30/31      | 78 – 81     | 31 – 32 | 95 – 98   | 37 – 39 |
| 48 | M    | XL  | 38 | 38  | 32/33      | 82 – 85     | 32 – 33 | 99 – 102  | 39 – 40 |
| 50 | M    | XL  | 40 | 40  | 34         | 86 – 89     | 34 – 35 | 103 – 106 | 41 – 42 |
| 52 | L    | 2XL | 42 | 42  | 36         | 90 – 94     | 35 – 37 | 107 – 110 | 42 – 43 |
| 54 | L    | 2XL | 44 | 44  | 38         | 95 – 99     | 37 – 39 | 111 – 114 | 44 – 45 |
| 56 | XL   | 3XL | 46 | 46  | 40         | 100 – 104   | 39 – 41 | 115 – 118 | 45 – 46 |
| 58 | XL   | 3XL | 48 | 48  | 42         | 105 – 109   | 41 – 43 | 119 – 122 | 47 – 48 |
| 60 | 2XL  | 4XL | 50 | 50  | 44         | 110 – 114   | 43 – 45 | 123 – 126 | 48 – 50 |
| 62 | 2XL  | 4XL | 52 | 52  | 46         | 115 – 119   | 45 – 47 | 127 – 130 | 50 – 51 |
| 64 | 3XL  | 5XL | 54 | 54  | 48         | 120 – 124   | 47 – 49 | 131 – 134 | 52 – 53 |
| 66 | 3XL  | 5XL | 56 | 56  | 50         | 125 – 129   | 49 – 51 | 135 – 138 | 53 – 54 |

♀ TROUSERS SIZES FOR WOMEN

| EU | Asia |     | UK | USA | Inch sizes | WAIST WIDTH |         | HIP WIDTH |         |
|----|------|-----|----|-----|------------|-------------|---------|-----------|---------|
|    |      |     |    |     |            | cm          | inches  | cm        | inches  |
| 34 | XS   | S/M | 8  | 4   | 26 – 27    | 64 – 66     | 25 – 26 | 88 – 91   | 34 – 35 |
| 36 | S    | L   | 10 | 6   | 28 – 29    | 67 – 70     | 26 – 28 | 92 – 95   | 36 – 37 |
| 38 | M    | XL  | 12 | 8   | 29 – 30    | 71 – 74     | 28 – 29 | 96 – 98   | 37 – 39 |
| 40 | L    | 2XL | 14 | 10  | 31 – 32    | 75 – 78     | 29 – 31 | 99 – 101  | 39 – 40 |
| 42 | XL   | 3XL | 16 | 12  | 32 – 33    | 79 – 82     | 31 – 32 | 102 – 104 | 40 – 41 |
| 44 | 2XL  | 4XL | 18 | 14  | 33 – 34    | 83 – 87     | 33 – 35 | 105 – 108 | 41 – 43 |
| 46 | 3XL  | 5XL | 20 | 16  | 34 – 35    | 88 – 93     | 35 – 37 | 109 – 112 | 43 – 44 |
| 48 | 4XL  | 6XL | 22 | 18  | 36         | 94 – 99     | 37 – 39 | 113 – 116 | 44 – 46 |

♂ TOP SIZES FOR MEN

| EU | Asia |     | UK   | USA  | CHEST WIDTH |         | WAIST WIDTH |         | HIP WIDTH |         |
|----|------|-----|------|------|-------------|---------|-------------|---------|-----------|---------|
|    |      |     |      |      | cm          | inches  | cm          | inches  | cm        | inches  |
| 36 | XS   | S/M | 14   | 14   | 82 – 85     | 32 – 33 | 70 – 73     | 27 – 28 | 85 – 89   | 33 – 35 |
| 37 | S    | L   | 14.5 | 14.5 | 86 – 93     | 34 – 37 | 74 – 81     | 29 – 32 | 90 – 98   | 35 – 39 |
| 38 | S    | L   | 15   | 15   | 86 – 93     | 34 – 37 | 74 – 81     | 29 – 32 | 90 – 98   | 35 – 39 |
| 39 | M    | XL  | 15.5 | 15.5 | 94 – 01     | 37 – 40 | 82 – 89     | 32 – 35 | 99 – 106  | 39 – 42 |
| 40 | M    | XL  | 16   | 16   | 94 – 01     | 37 – 40 | 82 – 89     | 32 – 35 | 99 – 106  | 39 – 42 |
| 41 | L    | 2XL | 16   | 16   | 102 – 09    | 40 – 43 | 90 – 99     | 35 – 39 | 107 – 114 | 42 – 45 |
| 42 | L    | 2XL | 16.5 | 16.5 | 102 – 09    | 40 – 43 | 90 – 99     | 35 – 39 | 107 – 114 | 42 – 45 |
| 43 | XL   | 3XL | 17   | 17   | 110 – 17    | 43 – 46 | 100 – 109   | 39 – 43 | 115 – 122 | 45 – 48 |
| 44 | XL   | 3XL | 17.5 | 17.5 | 110 – 17    | 43 – 46 | 100 – 109   | 39 – 43 | 115 – 122 | 45 – 48 |
| 45 | 2XL  | 4XL | 18   | 18   | 118 – 25    | 46 – 49 | 110 – 119   | 43 – 47 | 123 – 130 | 48 – 51 |
| 46 | 2XL  | 4XL | 18   | 18   | 118 – 25    | 46 – 49 | 110 – 119   | 43 – 47 | 123 – 130 | 48 – 51 |
| 47 | 3XL  | 5XL | 18.5 | 18.5 | 126 – 34    | 50 – 53 | 120 – 129   | 47 – 51 | 131 – 138 | 52 – 54 |
| 48 | 3XL  | 5XL | 19   | 19   | 126 – 34    | 50 – 53 | 120 – 129   | 47 – 51 | 131 – 138 | 52 – 54 |
| 49 | 4XL  | 6XL | 19.5 | 19.5 | 135 – 43    | 53 – 56 | 130 – 139   | 51 – 55 | 139 – 146 | 54 – 57 |
| 50 | 4XL  | 6XL | 20   | 20   | 135 – 143   | 53 – 56 | 130 – 139   | 51 – 55 | 139 – 146 | 54 – 57 |

♀ TOP SIZES FOR WOMEN

| EU | Asia |     | UK | USA | CHEST WIDTH |         | WAIST WIDTH |         | HIP WIDTH |         |
|----|------|-----|----|-----|-------------|---------|-------------|---------|-----------|---------|
|    |      |     |    |     | cm          | inches  | cm          | inches  | cm        | inches  |
| 34 | XS   | S/M | 28 | 26  | 78 – 81     | 30 – 32 | 64 – 66     | 25 – 26 | 88 – 91   | 34 – 35 |
| 36 | S    | L   | 30 | 28  | 82 – 85     | 32 – 34 | 67 – 70     | 26 – 28 | 92 – 95   | 36 – 37 |
| 38 | M    | XL  | 32 | 30  | 86 – 89     | 34 – 35 | 71 – 74     | 28 – 29 | 96 – 98   | 37 – 39 |
| 40 | L    | 2XL | 34 | 32  | 90 – 93     | 35 – 37 | 75 – 78     | 29 – 31 | 99 – 101  | 39 – 40 |
| 42 | XL   | 3XL | 36 | 34  | 94 – 97     | 37 – 38 | 79 – 82     | 31 – 32 | 102 – 104 | 40 – 41 |
| 44 | 2XL  | 4XL | 38 | 36  | 98 – 102    | 38 – 40 | 83 – 87     | 33 – 35 | 105 – 108 | 41 – 43 |
| 46 | 3XL  | 5XL | 40 | 38  | 103 – 107   | 40 – 42 | 88 – 93     | 35 – 37 | 109 – 112 | 43 – 44 |
| 48 | 4XL  | 6XL | 42 | 40  | 108 – 113   | 42 – 44 | 94 – 99     | 37 – 39 | 113 – 116 | 44 – 46 |

Measuring instructions for shoes

Step 1

Place a piece of blank paper taped to the floor on a hard flat surface. Stand up straight and press your heel against the wall. Have someone mark the longest part of your foot (referred to as "heel to toe length") on the paper with a pen or pencil.

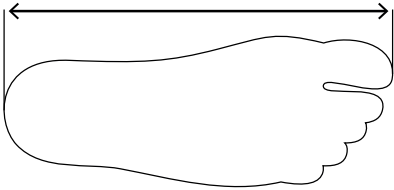
Repeat the process with the other foot, as the right and left foot may differ.

Step 2

Use a ruler or measuring tape to measure the "heel to toe" distance you marked for each foot. Determine your own shoe size with the foot sizing chart.

SHOE SIZES

| EU | UK   | USA<br>MEN | USA<br>WOMEN | FOOT LENGTH |        |
|----|------|------------|--------------|-------------|--------|
|    |      |            |              | cm          | inches |
| 35 | 3    | 4          | 5            | 22          | 8.7    |
| 36 | 3.5  | 4.5        | 6            | 22.5        | 8.9    |
| 37 | 4    | 5          | 6.5          | 23.5        | 9.3    |
| 38 | 5    | 6          | 7.5          | 24          | 9.4    |
| 39 | 6    | 7          | 8.5          | 25          | 9.8    |
| 40 | 6.5  | 7.5        | 9            | 25.5        | 10     |
| 41 | 7    | 8          | 9.5          | 26          | 10.2   |
| 42 | 8    | 9          | 10.5         | 27          | 10.6   |
| 43 | 9    | 10         | 12           | 28          | 11     |
| 44 | 10   | 11         |              | 28.5        | 11.2   |
| 45 | 10.5 | 11.5       |              | 29          | 11.4   |
| 46 | 11   | 12         |              | 30          | 11.8   |
| 47 | 12   | 13         |              | 30.5        | 12     |
| 48 | 13   | 14         |              | 31          | 12.2   |
| 49 | 14   | 15         |              | 31.5        | 12.4   |
| 50 | 14.5 | 15.5       |              | 32          | 12.6   |
| 51 | 15   | 16         |              | 32.5        | 12.8   |



Measuring instructions for gloves

Palm circumference

To calculate this, wrap a measuring tape once around the knuckles on your dominant hand (i.e., if you are right handed, take the measurement on your right hand).

GLOVE SIZES

| EU | EU  | PALM CIRCUMFERENCE |         |
|----|-----|--------------------|---------|
|    |     | cm                 | inches  |
| 7  | S   | < 17.8 – 20.2      | < 7 – 8 |
| 8  | M   | 20.3 – 22.8        | 8 – 9   |
| 9  | L   | 22.9 – 25.3        | 9 – 10  |
| 10 | XL  | 25.4 – 27.8        | 10 – 11 |
| 11 | 2XL | 27.9 – 30.4        | 11 – 12 |
| 12 | 3XL | 30.5 >             | 12 >    |

