

# + FOOTWEAR & CLOTHING SIZE GUIDES

**Male**  
SIZE GUIDE

SIZE	CHEST	WAIST	INSIDE LEG
XS	33-36"	28-30"	27.5"
	85-92cm	71-76cm	69.5cm
S	36-38"	29-31"	28.5"
	92-97cm	74-76cm	72.5cm
M	38-40"	31-33"	29.5"
	97-102cm	79-84cm	75cm
L	41-43"	34-37"	30.5"
	102-109cm	87-94cm	77.5cm
XL	43-46"	38-40"	31.5"
	109-119cm	97-102cm	80cm
2XL	46-49"	41-43"	32"
	119-125cm	104-109cm	81.5cm
3XL	49-51"	43-46"	32-34"
	126-130cm	109-116cm	81-86cm
4XL	51-53"	47-50"	32-34"
	131-134cm	117-127cm	81-86cm

**Female**  
SIZE GUIDE

SIZE UK	EU/US Size	CHEST	WAIST	HIP	INSIDE LEG LENGTH
Junior L (12-14y)	152	28-30"	24"	32"	25-26.5"
XS/8	EU36/US4	68-75cm	59-61cm	80-82cm	63.5-67cm
S/10	EU38/US6	32"	26"	35"	26-27.5"
		82cm	65cm	90cm	66-69.5cm
M/12	EU40/US8	34"	27"	37"	27-28.5"
		87cm	70cm	95cm	68.5-72cm
L/14	EU42/US10	36"	29"	39"	28-29.5"
		92cm	75cm	100cm	71-74.5cm
XL/16	EU44/US12	38"	31"	41"	29-30.5"
		97cm	80.5cm	105cm	73.5-77cm
2XL/18	EU46/US14	40"	34"	43"	29-30.5"
		102.5cm 86cm	110cm	73.5-77cm	
		42"	26"	45"	29-30.5"
		108cm	92cm	115cm	73.5-77cm

**Junior**  
SIZE GUIDE

SIZE	EU	CHEST	WAIST	INSIDE LEG
JS (age 7-8)	128	24-26"	22-24"	23.5-25"
		60-66cm	55-60cm	59.5-63.5cm
JM (age 9-10)	140	26-28"	23-25"	24.5-26"
		66-71cm	58.5-63.5cm	62-66cm
JL (age 11-12)	152	28-32"	25-27"	25.5-27"
		68-81.5cm	63.5-67cm	64.5-67cm

**Hikers**  
SIZE GUIDE

BUILD	HEIGHT									
	1.2m	1.3m	1.4m	1.5m	1.6m	1.7m	1.8m	1.9m	>1.9m	
SMALL/SLIM BUILD	0	0	1	1	2	2 or 3	2 or 3	3	3 or 4	
REGULAR/MUSCULAR BUILD	0	0	1	2 or 3	3	3 or 4	3 or 4	4	5	
LARGER BUILD	1	1	2	3 or 4	4	5 or 6	5 or 6	6	7	

**Footwear**  
SIZE GUIDE

SIZE US	SIZE UK	SIZE EU	FOOT LENGTH	SOCK SIZE
2.5	2	35	8.1"	JUN
			20.8cm	
3.5	3	36	8.5"	JUN
			21.6cm	
4.5	4	37	8.8"	2XS
			22.4cm	
5.5	5	38	9.1"	XS
			23.2cm	
6.5	6	39	9.4"	S
			24cm	
7.5	6.5	40.5	9.7"	S
			24.8cm	
8.5	7.5	41.5	10"	M
			25.6cm	
9.5	8.5	42.5	10.3"	ML
			26.4cm	
10.5	9.5	43.5	10.7"	ML
			27.2cm	
11.5	10.5	45	11"	L
			28cm	
12.5	11.5	46	11.3"	XL
			28.8cm	
14	13	47	11.8"	XXL
			30.2cm	

**Glove**  
SIZE GUIDE

GLOVE SIZE	PALM CIRCUMFERENCE
3XS	6.3"
	16cm
2XS	7.1"
	18cm
XS	7.8"
	20cm
S	8.2"
	21cm
M	8.7"
	22cm
L	9"
	23cm
XL	9.4"
	24cm
2XL	9.8"
	25cm

