



## Men's Sizing Guide

[CM]	XS	S	M	L	XL	2XL	3XL
CHEST	88-92	93-98	99-103	104-108	109-113	114-118	119-123
WAIST	74-78	79-83	84-88	89-93	94-98	99-103	104-108
HIP	88-92	93-98	99-103	104-108	109-113	114-118	119-123
SLEEVE LENGTH	86	86	87	88	89	90	90
INSEAM	81	81	82	83	84	85	85

## Women's Sizing Guide

[CM]	6	8	10	12	14	16	18
CHEST	81-85	86-90	91-95	96-100	101-105	106-110	111-115
WAIST	61-65	66-70	71-75	76-80	81-85	86-90	91-95
HIP	86-90	91-95	96-100	101-105	106-110	111-115	116-120
SLEEVE LENGTH	78	78	79	80	81	82	82
INSEAM	79	79	80	81	82	83	83

### CHEST

Measure around the fullest part of the chest, ensure the tape is under the arms & arms are straight at side of body.

### WAIST

Measure your waist at your narrowest part [natural waistline].

### HIP

Measure around the fullest part of your hips - standing with feet together.

### SLEEVE LENGTH

With elbow bent slightly, measure from centre of spine at base of neck, across the shoulder and down from arm to elbow, finishing at wrist

### INSEAM

Measure from crutch to ground [shoes off].