

# Size guide

Use the chart below to determine your size. If you're on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit. If your measurements for chest and waist correspond to two different suggested sizes, order the size indicated by your chest measurement.

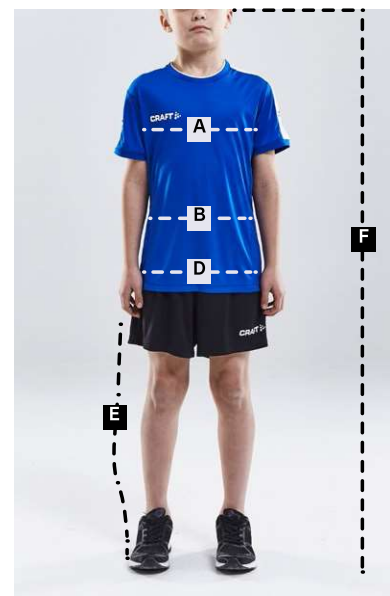
## How to measure yourself



**MEN**



**WOMEN**



**JUNIOR**

**A. CHEST**

Wrap a tape measure evenly around the fullest part around the chest under your arms.

**B. WAIST**

Wrap a measure tape around your natural waistline.

**C. SHOULDER AND SLEEVE LENGTH**

Measure from the lowest part of the neck, over the tip of the shoulder and down the outside of the arm, past the elbow and to the wrist. Keep the arm slightly bent.

**D. SEAT**

Standing with your feet together, measure around the fullest part of your hips.

**E. INSIDE OF LEG**

Standing with your feet together, measure from the crotch all the way down to the floor. Don't forget to stand as straight as possible. You may have to ask a friend to help you.

**F. LENGTH**

The total length of your body.

MEN								
SIZE	XS	S	M	L	XL	XXL	3XL	4XL
Chest (cm)	87	93	99	105	111	119	127	135
Waist (cm)	75	81	87	93	99	107	115	123
Seat (cm)	89	95	101	107	113	121	129	137
Shoulder+ Sleeve lenght (cm)	78	80	82	84	86	88	90	92
Inside of leg (cm)	82	84	86	88	90	92	94	96
Length (cm)	172	176	180	184	188	192	196	200

WOMEN								
SIZE	XS	S	M	L	XL	XXL	3XL	4XL
Chest (cm)	82	88	94	100	106	114	122	130
Waist (cm)	64	70	76	82	88	96	104	112
Seat (cm)	90	96	102	108	114	122	130	138
Shoulder+ Sleeve lenght (cm)	71	72,5	74	75,5	77	78,5	80	81,5
Inside of leg (cm)	79	80,5	82	83,5	85	86,5	88	89,5
Length (cm)	164	167	170	173	176	179	182	185

JUNIOR								
SIZE	74/80 -1år	86/92 1-2år	98/104 2-4år	110/116 4-6år	122/128 6-8år	134/140 8-10år	146/152 10-12år	158/164 12-14år
Chest (cm)	51	54	56	58	64	70	76	82
Waist (cm)	49	51	53	55	58	62	65	69
Seat (cm)	51	55	59	63	69	75	81	87
Shoulder+ Sleeve lenght (cm)	32	37	43,5	47,5	51,5	57	62	68
Inside of leg (cm)	30	37	44	51	59	66	72	77
Length (cm)	80	92	104	116	128	140	152	164

GLOVES							
SIZE	XXS	XS	S	M	L	XL	XXL
Around palm	6-INCH	7-INCH	8-INCH	9-INCH	10-INCH	11-INCH	12-INCH

SOCKS					
UNISEX	34/36	37/39	40/42	43/45	46/48
JUNIOR	22-24	25-27	29-30	31-33	34-36

HATS		
SIZE	S/M	L/XL
Around head	54/56	58/60