



SIZING & FIT CHARTS

As body types vary from person to person, the best way to choose the right size garment is by trying it on. As such, the following charts should only be used as a guide.

HOW TO MEASURE:

WAIST:

Measure at narrowest circumference. Don't suck it in - nobody's watching.

CHEST:

Measure fullest circumference, keeping tape up under arms and across shoulder blades.

HIP:

Measure around the widest part of the pelvis, around the buttocks.

INSEAM:

Measure inner leg from crotch to below the ankle bone.

GLOVES:

Wrap a tape measure around your palm at the widest point (usually the knuckles) and make a light fist. Take that measurement and refer to the chart below to find your size.

SOCKS:

The chart gives you the sock size equivalence for the corresponding shoe size.

MEN'S SIZING - in CM

	size				
	S	M	L	XL	XXL
Waist	76	83	90	98	106
Chest	94	101	108	115	123
Hip	91	98	105	112	120
Inseam	81	83	85	87	88

MEN'S SIZING - in INCH

	size				
	S	M	L	XL	XXL
Waist	29 7/8"	32 5/8"	35 3/8"	38 1/2"	41 3/4"
Chest	37"	39 3/4"	42 1/2"	45 1/4"	48 1/2"
Hip	35 3/4"	38 1/2"	41 1/4"	44	47 1/4"
Inseam	31 7/8"	32 5/8"	33 3/8"	34 1/4"	34 5/8"

GLOVE'S SIZING

	size				
	XS	S	M	L	XL
in cm	15 - 16.5	17.5 - 19	20 - 21.5	22.5 - 24	25 - 26.5
in inch	6" - 6 1/2"	7" - 7 1/2"	8" - 8 1/2"	9" - 9 1/2"	10" - 10 1/2"

SOCK'S SIZING

	size	
	S/M	L/XL
European shoe size	38 - 41	42 - 46+
US shoe size	5 - 8	9 - 12+

WOMEN'S SIZING - in CM

	size				
	XS	S	M	L	XL
Waist	69	74	79	86	94
Chest	84	87	92	99	107
Hip	94	99	104	111	119

WOMEN'S SIZING - in INCH

	size				
	XS	S	M	L	XL
Waist	27"	29"	31"	34"	37"
Chest	33"	34 1/4"	36 1/4"	39"	42"
Hip	37"	39"	41"	43 3/4"	46 3/4"

***Please note the sizing on women's shorts/pants for the Spring/Summer 2009 collection should be adjusted one size down. i.e. If you generally fit a women's size large we recommend you purchase a women's size medium.**

MEN'S ARMOUR SIZING

	size			
	S	M	L	XL
in cm	160-168	168-175	175-183	183+
in inch	5'3"-5'5"	5'5"-5'7"	5'7"-6"	6'+