

MEN

Find the right size

Take measurements whilst in your underwear. Use a tape measure. Remember to keep the tape measure taut when measuring, without pulling it. Measure according to instructions and compare your measurements with the right table.

All measurements in the tables are close body sizes.

Leg lengths of many of our trousers can be extended. Refer to the instruction below.

- A** Chest width. Measure over the widest part of the chest.
- B** Waist width. Measure where you normally have your waistband.
- C** Seat width. Measure over the widest part of the seat.
- D** Inside length measurement: Measure along the inside of the leg, from fork to floor

C-FIGURE Normal inside leg length

Size	XS	S	M		L		XL	XXL		XXXL		4XL		5XL	
	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	C66	C68		
A Chest measurement cm	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144
B Waist measurement cm	76-79	80-83	84-87	88-91	92-96	97-101	102-107	108-113	114-119	120-125	126-131	132-137	138-143	144-149	150-155
C Hip measurement cm	94	98	102	106	110	114	118	122	126	130	134	138	142	146	150
D inside leg measurement cm	80	80	82	82	82	82	84	84	84	84	84	84	84	84	84

C-FIGURE Long inside leg length

Size	C146	C148	C150*	C152	C154	C156
A Chest measurement cm	92	96	100	104	108	112
B Waist measurement cm	80-83	84-87	88-91	92-96	97-101	102-107
C Hip measurement cm	98	102	106	110	114	118
D inside leg measurement cm	85	87	87	87	87	89

D-FIGURE Short inside leg length

Size	D84	D88	D92	D96	D100**	D104	D108	D112	D116	D120
A Chest measurement cm	84	88	92	96	100	104	108	112	116	120
B Waist measurement cm	78-81	82-85	86-89	90-93	94-97	98-102	103-107	108-113	114-119	120-125
C Hip measurement cm	92	96	100	104	108	112	116	120	124	128
D inside leg measurement cm	74	76	76	78	78	78	78	80	80	80

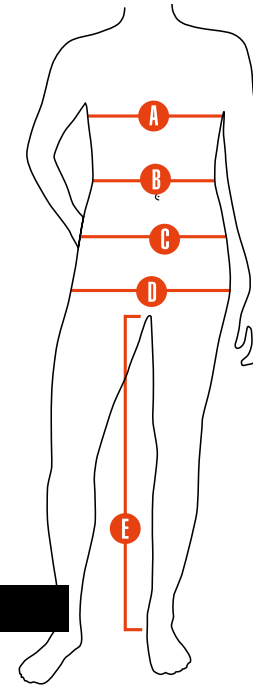
* C150 = C50 with increased inside leg length

** D100 = C50 with increased waist width and reduced inside leg length

WOMEN

Find the right size

Take measurements in your underwear: if you usually use a bra, make sure this is on when measuring. Use a tape measure - remember to keep the tape measure taut when measuring, without pulling it. In order to find the right size compare your measurements with the table below. All measurements in the tables are close body sizes.



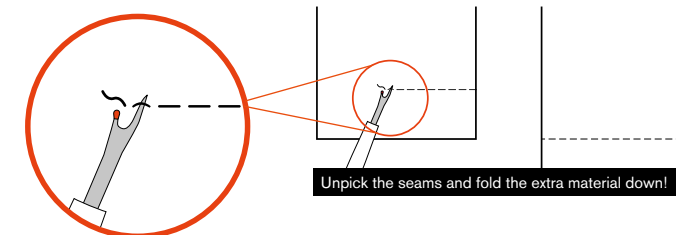
Leg lengths of many of our trousers can be extended. Refer to the instruction below.

- A** Bust width: Measure across the widest point of the bust.
- B** Waist width: The waist shall be measured at its narrowest point.
- C** Hip width: Measure over the hip bones, around 10 cm down from the waist.
- D** Seat width: Measure over the seat's widest point, around 20 cm down from the waist.
- E** Inside leg length: Measure along the inside of the leg, from fork to floor.

Size	S	M	L	XL	XXL
	36	38	40	42	44
A Bust measurement cm	84	88	92	96	100
B Waist measurement cm	69	72	76	80	84
C Hip measurement cm	86	89	92	95	99
C Seat measurement cm	93	96	99	102	106
E inside leg measurement cm	80	80	80	80	80

ADJUSTABLE LEG LENGTH

Many of our trousers can be lengthened. The only thing you need to do is to unpick the seams and fold the extra material down. Refer to the catalogue or our website to see how much each model can be extended by.

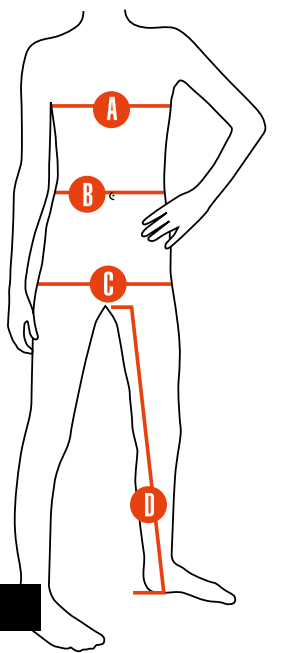


Unpick the seams and fold the extra material down!

CHILDREN

Find the right size

Take measurements in your underwear. Use a tape measure - remember to keep the tape measure taut when measuring, without pulling it. In order to find the right size compare your measurements with the table below. All measurements in the tables are close body sizes.



Leg lengths of many of our trousers can be extended. Refer to the instruction below.

- A** Chest width: Measure over the widest part of the chest.
- B** Waist width: Measure at the height of the navel.
- C** Seat width: Measure over the widest part of the seat.
- D** Inside length measurement: Measure along the inside of the leg, from fork to floor.

Centilong (child size/measurement)	98/104	110/116	122/128	134/140	146/152
Age: *	3-4 years	5-6 years	7-8 years	9-10 years	11-12 years
A Chest measurement cm	56	59	64	70	76
B Waist measurement cm	53	57	60	63	69
C Hip measurement cm	59	63	68	74	80
D inside leg measurement cm	44	51	58	65	71

* Ages stated are for guidance only.

In order to determine the correct size it is recommended you follow the measurement guide above.

Head size in cm	Age: *
52 - 54	2-9 years
56 - 58	9-12 years

* Ages stated are for guidance only.

In order to determine the correct size it is recommended you follow the measurement guide above.