

Men - For Unisex garments in our size guide you can refer to the table with the conversions for men.

SIZE	HEIGHT (CM)	CHEST (CM)	WAIST (CM)	HIPS (CM)
S	165 - 172	92 - 96	80 - 84	92 - 96
M	171 - 179	96 - 100	84 - 88	96 - 100
L	178 - 185	100 - 104	88 - 92	100 - 104
XL	183 - 190	104 - 108	92 - 97	104 - 108
XXL	188 - 195	108 - 113	97 - 102	108 - 112

Kids

EQUIVALENT SIZE	SIZE	AGE	HEIGHT (CM)	CHEST (CM)	WAIST (CM)	HIPS (CM)
5XS	JXXS	3-4 Y	100 - 109	56 - 60	53 - 56	62 - 66
4XS	JXS	5-6 Y	110 - 119	60 - 64	56 - 59	66 - 70
3XS	JS	7-8 Y	120 - 132	64 - 72	59 - 64	70 - 76
XXS	JM	9-10 Y	133 - 146	72 - 80	64 - 69	76 - 82
XS	JL	11-12 Y	147 - 160	80 - 88	69 - 74	82 - 88

HOW TO MEASURE YOURSELF

Using a tape measure, take the measurements against your body.

- 1. CHEST** Measure around around the widest part of your chest.
- 2. WAIST** Measure around your waist level with your navel.
- 3. HIPS** Measure around the widest part of your hips.
- 4. HEIGHT** Measure your height from the top of your head to the floor while standing straight.

