

SIZING & FIT GUIDE

All our garments are designed specifically for purpose.

The measurement tables and diagrams show how each size and fit differs to help you see which suits you best.

WOMENS

TOPS

Size to fit	6	8	10	12	14	16	18	20	22	24
Bust (inch)	30	32	34	36	39	41	43	45	47	49
Bust (cms)	76	81	86	91	99	104	109	114	119	124
US Sizing	XXS/2	XS/4	S/6	M/8	L/10	XL/12	XXL/14	3XL/16	4XL/18	5XL/20
EU Sizing	32	34	36	38	40	42	44	46	48	50
FR Sizing	34	36	38	40	42	44	46	48	50	52

BOTTOMS

Size to fit	6	8	10	12	14	16	18	20	22	24	Length	Inch
Waist (inch)	24	26	28	30	33	35	37	39	41	43	Short	28
Waist (cms)	61	66	71	76	84	89	94	99	104	109	Regular	31
Hip (inch)	33	35	37	39	42	44	46	48	50	52	Long	33
Hip (cms)	84	89	94	99	107	112	117	122	127	132		
US Sizing	XXS/2	XS/4	S/6	M/8	L/10	XL/12	XXL/14	3XL/16	4XL/18	5XL/20		
EU Sizing	32	34	36	38	40	42	44	46	48	50		
FR Sizing	34	36	38	40	42	44	46	48	50	52		

MENS

TOPS

Size to fit	XS	S	M	L	XL	XXL	3XL	4XL
Chest (inch)	36	38	40	43	46	49	52	55
Chest (cms)	91	97	102	109	117	124	132	140
US Sizing	36	38	40	43	46	49	52	55
EU Sizing	46	48	50	52 - 54	56	58	60 - 62	64
FR Sizing	48	50	52	54 - 56	58	60	62 - 64	66

BOTTOMS

Size to fit	XS	S	M	L	XL	XXL	3XL	4XL	Length	Inch		
Waist (inch)	28	30	32	33	34	36	38	40	42	44	Short	29
Waist (cms)	71	76	81	84	86	91	97	102	107	112	Regular	31
EU Sizing	42	44	46	48	48-50	52	54	56	58	60	Long	33
FR Sizing	38	40	42	43	44	46	48	50	52	54	Extra Long	35

KIDS

Size to fit yrs	3 - 4	5 - 6	7 - 8	9 - 10	11 - 12	13
Height (inch)	38.5 - 41	43.25 - 45.5	48 - 50.25	52.75 - 55	57.5 - 59.75	62.25
Height (cms)	98 - 104	110 - 116	122 - 128	134 - 140	146 - 152	158
Chest (inch)	21.5 - 22.5	23.25 - 24	24.75 - 26.5	27.25 - 28.75	29.5 - 31	32.5
Chest (cms)	55 - 57	59 - 61	63 - 67	69 - 73	75 - 79	83
Waist (inch)	21 - 21.5	21.75 - 22.5	22.75 - 23.5	24 - 25.25	25 - 26.5	27.5
Waist (cms)	53 - 54	55 - 57	58 - 60	61 - 64	65 - 67	70
EU Sizing	104	116	128	140	152	158

ACCESSORIES

HATS MENS/UNISEX

Hat size	Head (cm)
S/M	55 - 57
M/L	58 - 60

KIDS

Hat size	Head (cm)
3 - 8 yrs	50 - 52
9 - 13 yrs	53 - 55

SOCKS UNISEX

Sock size	EU Sizing
3 - 5	36 - 38
6 - 8	39 - 42
9 - 12	43 - 47

KIDS EU Sizing

KIDS	EU Sizing
6.5 - 10	23 - 28
11 - 2	29 - 35
3 - 6	36 - 39

GLOVES UNISEX

Glove Size	Hand (cm)
S/M	17 - 18
M/L	19 - 20
L/XL	21 - 22

**FOOTWEAR
SIZING**

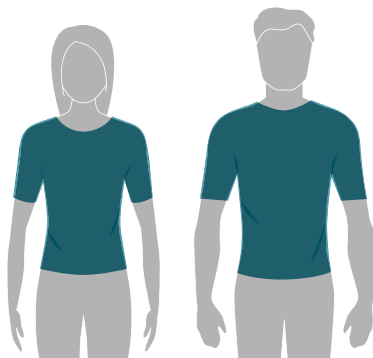
UK Size	3	4	5	6	6.5	7	8	9	9.5	10	11	12	13
EU Size	36	37	38	39	40	41	42	43	44	45	46	47	48

WHAT TO MEASURE

- HEAD** The circumference around the middle of your forehead
- HAND** The circumference around the palm
- BUST/CHEST** Under your arms, around the fullest part of your chest
- WAIST** Around your natural waist line at the top of your hips
- HIP** Around the fullest part of your body at the top of the leg
- LENGTH** From the inside leg to the bottom of your ankle

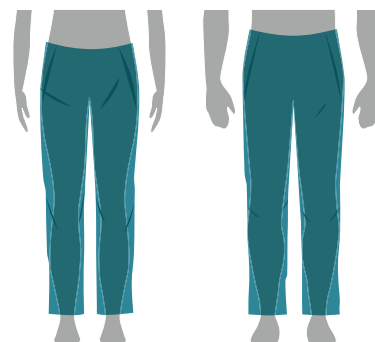
SLIM FIT

Fitted cut with active styling and stretch fabric or detail.



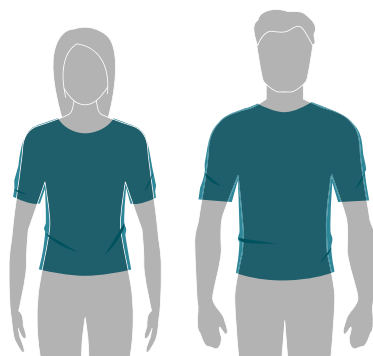
SLIM FIT

A closer fitting cut.



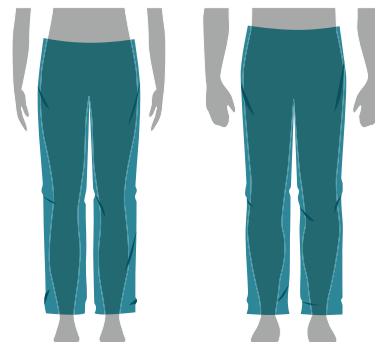
REGULAR FIT

A regular cut slimmer through the chest, waist, hem & sleeve.



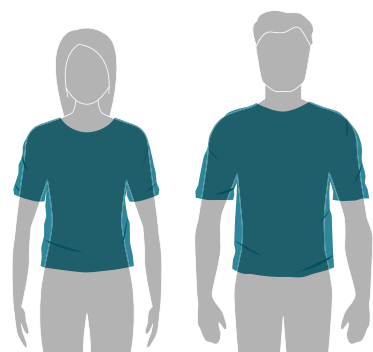
REGULAR FIT

A regular cut with ease of movement.



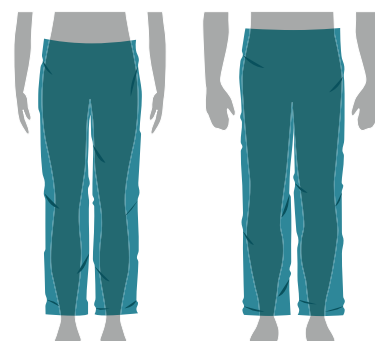
RELAXED FIT

Generous fit for comfort and freedom of movement.



RELAXED FIT

A generous cut for freedom of movement.



SIZING & FIT GUIDE - EUROPEAN TROUSER*

All our garments are designed specifically for purpose.

The measurement tables and diagrams show how each size and fit differs to help you see which suits you best.

WOMENS

EUROPEAN TROUSER FIT

Size to fit	16	17	18	19	20	21	22	23	24	25	26	Length	Inch
Waist (inch)	26	27	28	29	30	32	34	36	38	40	42	Short	30
Waist (cms)	66	69	71	74	76	81	86	91	97	102	107	Regular	32
Hip (inch)	35	36	37	38	39	41	43	45	47	49	51	Long	34
Hip (cms)	89	91	94	97	99	104	109	114	119	124	130		
Leg Length (inch)	30	30	30	30	30	30	30	30	30	30	30		
Leg Length (cms)	76	76	76	76	76	76	76	76	76	76	76		
UK Sizing	8S	9S	10S	11S	12S	14S	16S	18S	20S	22S	24S		
US Sizing	XS/4S	XS-5/5S	S/6S	S-M/7S	M/8S	L/10S	XL/12S	XXL/14S	3XL/16S	4XL/18S	5XL/20S		
EU Sizing	32S	34S	36S	38S	40S	42S	44S	46S	48S	50S	52S		
FR Sizing	34S	36S	38S	40S	42S	44S	46S	48S	50S	52S	54S		
Size to fit	32	34	36	38	40	42	44	46	48	50	52		
Waist (inch)	26	27	28	29	30	32	34	36	38	40	42		
Waist (cms)	66	69	71	74	76	81	86	91	97	102	107		
Hip (inch)	35	36	37	38	39	41	43	45	47	49	51		
Hip (cms)	89	91	94	97	99	104	109	114	119	124	130		
Leg Length (inch)	32	32	32	32	32	32	32	32	32	32	32		
Leg Length (cms)	81	81	81	81	81	81	81	81	81	81	81		
UK Sizing	8R	9R	10R	11R	12R	14R	16R	18R	20R	22R	24R		
US Sizing	XS/4R	XS/5R	S/6R	S-M/7R	M/8R	L/10R	XL/12R	XXL/14R	3XL/16R	4XL/18R	5XL/20R		
EU Sizing	32R	34R	36R	38R	40R	42R	44R	46R	48R	50R	52R		
FR Sizing	34R	36R	38R	40R	42R	44R	46R	48R	50R	52R	54R		
Size to fit	64	68	72	76	80	84	88	92	96	100	104		
Waist (inch)	26	27	28	29	30	32	34	36	38	40	42		
Waist (cms)	66	69	71	74	76	81	86	91	97	102	107		
Hip (inch)	35	36	37	38	39	41	43	45	47	49	51		
Hip (cms)	89	91	94	97	99	104	109	114	119	124	130		
Leg Length (inch)	34	34	34	34	34	34	34	34	34	34	34		
Leg Length (cms)	86	86	86	86	86	86	86	86	86	86	86		
UK Sizing	8L	9L	10L	11L	12L	14L	16L	18L	20L	22L	24L		
US Sizing	XS/4L	XS/5L	S/6L	S-M/7L	M/8L	L/10L	XL/12L	XXL/14L	3XL/16L	4XL/18L	5XL/20L		
EU Sizing	32L	34L	36L	38L	40L	42L	44L	46L	48L	50L	52L		
FR Sizing	34L	36L	38L	40L	42L	44L	46L	48L	50L	52L	54L		

MENS

EUROPEAN TROUSER FIT

Size to fit	23	24	25	26	27	28	29	30	Length	Inch
Waist (inch)	32	34	36	38	40	42	44	46	Short	30-30.5
Waist (cms)	81	86	91	97	102	107	112	117	Regular	31-33.5
Leg Length (inch)	30	30	30	30	30.5	30.5	30.5	30.5	Long	34-36
Leg Length (cms)	76	76	76	76	77	77	77	77		
UK /US Sizing	30S	32S	34S	36S	38S	40S	42S	44S		
EU Sizing	46S	48S	50S	52S	54S	56S	58S	60S		
FR Sizing	40S	42S	44S	46S	48S	50S	52S	54S		
Size to fit	46	48	50	52	54	56	58	60		
Waist (inch)	32	34	36	38	40	42	44	46		
Waist (cms)	81	86	91	97	102	107	112	117		
Leg Length (inch)	31	31.5	32	32.5	32.5	33	33	33.5		
Leg Length (cms)	79	80	81	83	83	84	84	85		
UK /US Sizing	30R	32R	34R	36R	38R	40R	42R	44R		
EU Sizing	46R	48R	50R	52R	54R	56R	58R	60R		
FR Sizing	40R	42R	44R	46R	48R	50R	52R	54R		
Size to fit	90	94	98	102	106	110	114	118		
Waist (inch)	32	34	36	38	40	42	44	46		
Waist (cms)	81	86	91	97	102	107	112	117		
Leg Length (inch)	34	34.5	34.5	35	35	35.5	35.5	36		
Leg Length (cms)	86	88	88	89	89	90	90	91		
UK /US Sizing	30L	32L	34L	36L	38L	40L	42L	44L		
EU Sizing	46L	48L	50L	52L	54L	56L	58L	60L		
FR Sizing	40L	42L	44L	46L	48L	50L	52L	54L		

*NosiLife trousers, leggings & skorts all follow EU sizing