

SIZE GUIDE



Size guide A - Unisex and menswear

Alpha order size		XS	S		M		L		XL	
Collar order size	ins	13.5	14	14.5	15	15.5	16	16.5	17	17.5
Chest order size	ins	32	34	36	38	40	42	44	46	48
Waist order size	ins	26	28	30	32	34	36	38	40	42
Euro chest size		42	44	46	48	50	52	54	56	58
Euro waist size		36	38	40	42	44	46	48	50	52
Chest	ins	32	34	36	38	40	42	44	46	48
	cm	81.5	86.5	91.5	96.5	101.5	106.5	111.5	116.5	121.5
Waist	ins	26	28	30	32	34	36	38	40	42
	cm	66.5	71.5	76.5	81.5	86.5	91.5	96.5	101.5	106.5

Alpha order size		2XL		3XL		4XL		5XL	
Collar order size	ins	18	18.5	19	19.5	20	20.5	21	21.5
Chest order size	ins	50	52	54	56	58	60	62	64
Waist order size	ins	44	46	48	50	52	54	56	58
Euro chest size		60	62	64	66	68	70	72	74
Euro waist size		54	56	58	60	62	64	66	68
Chest	ins	50	52	54	56	58	60	62	64
	cm	126.5	131.5	136.5	141.5	146.5	151.5	156.5	161.5
Waist	ins	44	46	48	50	52	54	56	58
	cm	111.5	116.5	121.5	126.5	131.5	136.5	141.5	146.5

Size guide E - Tunics, trousers, foodtrade and coats

Alpha order size		XS			S		M		L		XL	2XL	3XL	4XL
Chest and waist size	cm	80	84	88	92	96	100	104	108	112	116	124	132	140
	ins	31.5	33	34.5	36	38	39.5	41	42.5	44	45	49	52	55

Size guide G - Womenswear

Alpha order size	XXS	XS	S		M		L		XL		2XL		3XL		4XL		
Dress order size	4	6	8	10	12	14	16	18	20	22	24	26	28	30	32	34	
Dress order size cm	76	80	84	88	92	96	100	104/108	112	116	120	124/128	132	136	140	144/148	
Euro sizing	30	32	34	36	38	40	42	44	46	48	50	52	54	54/56			
Bust	ins	30	31	32	34	36	38	40	42	44	47	49	51	53	55	57	59
	cm	76	79	81.5	86.5	91.5	96.5	101.5	106.5	111.5	119	124.5	129.5	134.5	140	145	150
Waist	ins	24	25	26	28	30	32	34	36	38	41	43	45	47	49	51	53
	cm	61	63.5	66	71	76	81	86	91	96	104	109	114.5	119	124.5	129.5	134.5
Hips	ins	33	34	35	37	39	41	43	45	47	50	52	54	56	58	60	62
	cm	84	86.5	89	94	99	104	109	114	119	127	132	137	142	147	152	157.5

Size guide M - Footwear

UK order size	2	3	4	5	6	7	8	9	10	11	12	13	14/15
Euro order size	34	36	37	38	39	41	42	43	44	46	47	48	49/50
FW148 and FW139	34	35	36	37	39	40	41	43	44	45	46	47	-

Size guide S - Chefswear

Alpha order size		XS	S	M	L	XL	2XL	3XL	4XL
Chest	ins	25 - 29	31 - 35	37 - 41	43 - 47	49 - 53	55 - 59	61 - 65	67 - 71
	cm	64 - 74	79 - 89	94 - 104	109 - 119	124 - 134	139 - 149	154 - 164	169 - 179

Size guide T - Regatta

Alpha order size		XS	S	M	L	XL	2XL	3XL	4XL
Chest	ins	36	38	40	42	44	47	50	53
	cms	92	97	102	107	112	119	127	134.5
Euro sizing		46	48	50	52-54	56	58-60	62	64

Size guide V - Outerwear

Alpha order size		XS	S	M	L	XL	2XL	3XL	4XL
Chest	ins	34 - 37	38 - 40	41 - 43	44 - 45	46 - 47	48 - 50	51 - 55	56 - 58
	cm	86 - 97	97 - 102	104 - 110	112 - 115	117 - 119	122 - 127	130 - 140	142 - 147

Size guide AN - Snickers tops

Alpha Order size		XS	S	M	L	XL	2XL	3XL
Women's chest	ins	31 - 34	35 - 37	38 - 40	41 - 46	47 - 53	54 - 60	-
	cm	80 - 87	88 - 95	96 - 103	104 - 119	120 - 135	136 - 151	-
Men's chest	ins	35 - 37	38 - 40	41 - 43	44 - 48	49 - 51	52 - 55	56 - 58
	cm	88 - 95	96 - 103	104 - 111	112 - 123	124 - 131	132 - 140	142 - 148

Size guide AN - Snickers Duratwill trousers

Alpha Order size		27	28	30	32	34	36	38	40	Leg lengths
Women's	ins	27	28	30	31	-	-	-	-	Short 29ins (73cm) Regular 31ins (80cm)
	cm	67	72	76	80	-	-	-	-	
Men's	ins	-	-	-	33	35	36	38	40	Short 30ins (78cm) Regular 32ins (80cm)
	cm	-	-	-	82	88	92	96	100	

Size guide AO - Helly Hansen menswear

Trouser order size		76	80	84	88	92	96	100	104
Waist	ins	30 - 31.5	31.5 - 33	33 - 34.5	34.5 - 36	36 - 37.5	37.5 - 39	39 - 41	41 - 42.5
	cm	76	80	84	88	92	96	104 - 108	104
Regular inside leg	ins	30.5	31.5	32		32.5	33		34
	cm	78	80	82		83	84	85	86