

# EUROPEAN WOMEN’S SIZING GUIDE

*in centimeters*

**HEAD |** Measure circumference of head just above top of ears, and 1 inch [2.54 cm] above eyebrows.

**SLEEVE |** With your arm bent at the elbow and hand on your hip measure from the back of the neck to the elbow and finish at the wrist.

**CHEST |** Measure under arms around the fullest part of the chest. Be sure to keep tape level across back and comfortably loose.

**WAIST |** Measure around natural waist with a loose tape.

**HIP & SEAT |** Place the measuring tape around the body at the fullest part of the lower hip, feet together.

**INSEAM |** Without shoes; measure on inside of leg from groin to the floor.

	REGULAR	TALL
HEIGHT RANGE	164 - 172	173 - 178

REGULAR	36	38	40	42	44	46
CHEST	84 - 86	87 - 90	91 - 94	95 - 98	99 - 102	103 - 106
WAIST	68 - 70	71 - 74	75 - 78	79 - 82	83 - 86	87 - 90
TALL	72	76	80	84		
CHEST	84 - 86	87 - 90	91 - 94	95 - 98		
WAIST	68 - 70	71 - 74	75 - 78	79 - 82		

