

# THIS IS HOW YOU FIND THE RIGHT SIZE!

Take your measurements according to the instructions below. Wear close fitting underwear when measuring. Width is measured around circumference. Check the sizes available in each garment before ordering. Not every size is made in each model.

## HOW TO TAKE YOUR MEASUREMENTS

### A Chest

Measure horizontally across the widest part of the chest/bust. Make sure you keep the tape measure straight across your back.

### B Waist

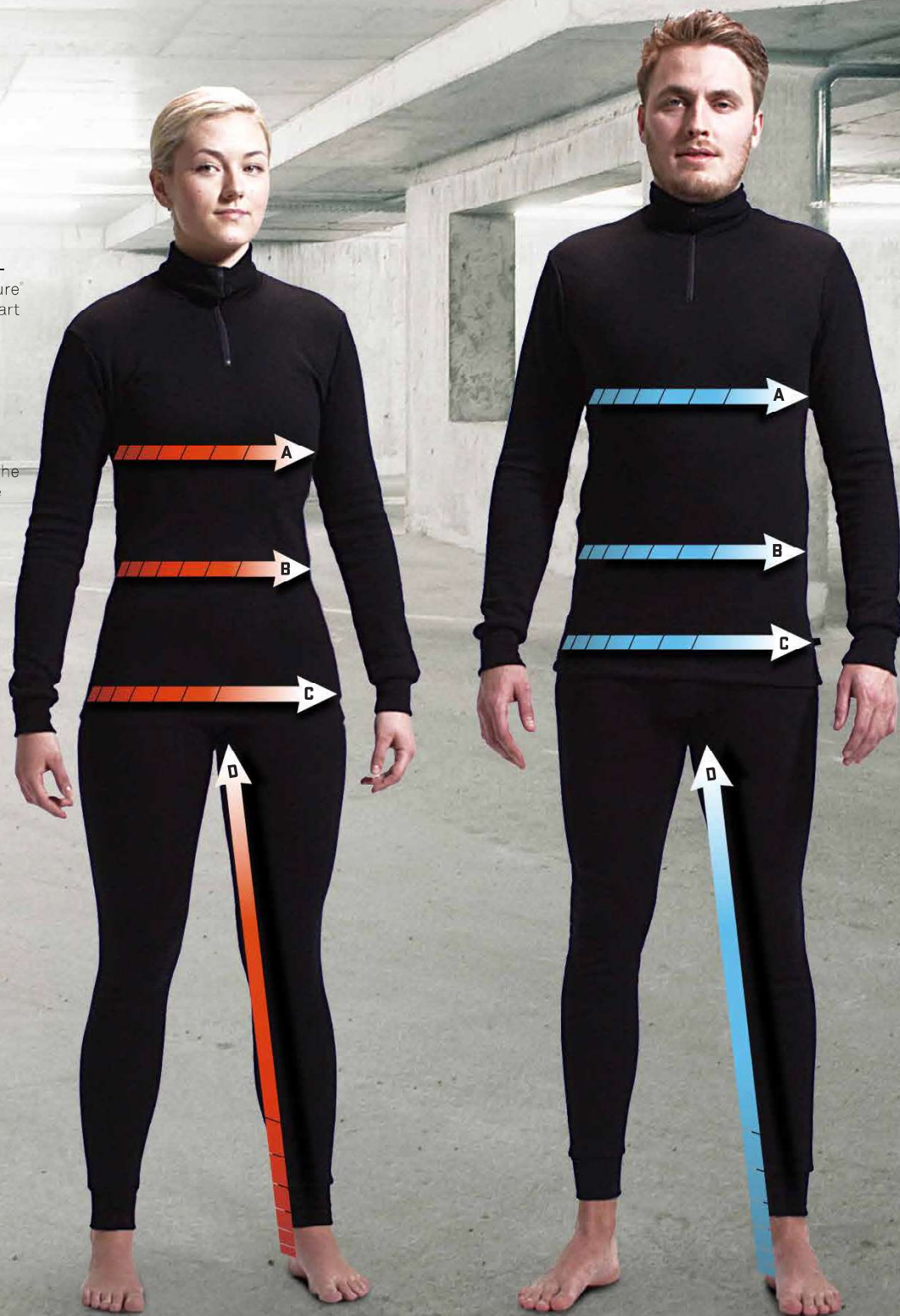
Men and children: Measure horizontally at navel height. Women: Measure horizontally across the narrowest part of the waist.

### C Hip

Measure horizontally across the broadest part of the hip.

### D Inside leg

Measure from crotch to just below the ankle bone. Make sure you keep the tape measure straight.



## SIZE TABLE

### MEN'S SIZES

Regular UK Size	XS		S	M		L	XL		XXL	3XL		4XL	5XL	6XL
Swedish size	28R	30R	32R	33R	34R	36R	38R	40R	42R	44R	46R	48R	-	-
B Waist	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	-	-
D Inside leg	28	30	32	33	34	36	38	40	42	44	46	48	50	53
	30	31	31	32	32	32	32	33	33	34	34	35	-	-

Short UK Size	30S	32S	34S	36S	37S	39S	41S	43S	45S	47S	49S	51S	53S	55S
Swedish size	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128	D132	D136
B Waist	30	32	34	36	37	39	41	43	45	47	49	51	52	54
D Inside leg	29	29	29	29	29	30	30	30	31	31	32	32	32	32

Long UK Size	32L	33L	34L	36L	38L	40L	42L
Swedish size	C146	C148	C150	C152	C154	C156	C158
B Waist	32	33	34	36	38	40	42
D Inside leg	33	33	33	34	34	34	35

Chest sizes	S	M	L	XL	XXL	3XL
UK Size	36-38"	40-42"	44-46"	48-50"	52-54"	56-58"



### WOMEN'S SIZES

Regular UK Size	2R	4R	6R	8R	10R	12R	14R	16R	18R	20R	22R	24R
Swedish size	C30	C32	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52
B Waist	24	26	26	27	28	30	31	33	35	37	39	42
D Inside leg	30	30	31	31	31	32	32	32	33	33	33	-

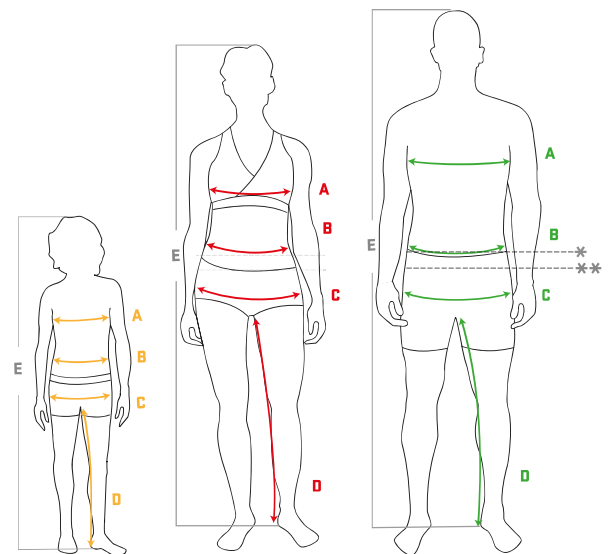
Short UK Size*	12S	14S	16S	18S	20S	22S	24S
Swedish size	D19	D20	D21	D22	D23	D24	D25
B Waist	29	31	33	34	36	38	41
D Inside leg	30	30	30	31	31	32	31

\*The UK sizing should be used as a guideline only. Please measure yourself according to the diagram shown and if in doubt, we suggest ordering 1 size larger than your usual to give a comfortable fit.

### CHILDREN'S SIZES

UK inches	41	46	50	55	60	64
Swedish size	98-104	110-116	122-128	134-140	146-152	158-164
Age	4	6	8	10	12	14
B Waist	20	21	22	22	25	26
D Inside leg	16	19	22	25	28	30

Shoe sizes	5	6	6,5	7	8	9	9,5	10	11	12	13
UK Size	38	39	40	41	42	43	44	45	46	47	48



\*Normal waist \*\*Lower waist