

# HELLY HANSEN SIZE GUIDE

## Jackets

SIZE	BODY	CHEST	WAIST	HIP	INSEAM	CENTER BACK SLEEVE
XS	170	93	80	92	77	79,7
S	174	97	84	96	79	81,7
M	178	103	90	102	81	84,6
L	182	109	96	108	83	87,5
XL	186	117	104	116	85	90,6
XXL	190	125	112	124	87	93,7
XXXL	192-195	128-136	114-122	128-136	89,5-91	96-98

## Trousers

SIZE	WAIST	INSEAM
28	28	32
30	30	32
32	32	34
33	33	34
34	34	34
36	36	36
38	38	36
40	40	36
XS	31,5	30,5
S	33	31
M	35,5	32
L	38	32,5
XL	41	33,5
XXL	44	34,5
XXXL	45-48	35-36

## Footwear

US	EU	UK	INCHES	CM
7	40	6,5	9,8	25
7,5	40,5	7	10	25,5
8	41	7,5	10,3	26
8,5	42	8	10,4	26,5
9	42,5	8,5	10,6	27
9,5	43	9	10,8	27,5
10	44	9,5	11	28
10,5	44,5	10	11,2	28,5
11	45	10,5	11,4	29

11,5	46	11	11,6	29,5
12	46,5	11,5	11,8	30
13	48	12,5	12,2	31

## MEASURING GUIDE

### CHEST

Measure around the fullest part, across chest points, keeping the tape horizontal.

### WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

### HIP

Measure around the fullest part of your hips keeping the tape horizontal.

### CENTER BACK SLEEVE

Measure straight from centre back neck to shoulder point, and from shoulder point to wrist with the arm in a relaxed position.

### INSEAM

Measure from top of inside thigh to bottom of ankle, while standing with straight legs.

