

SIZE CHART FEMALE

SHIRTS AND JACKETS (IN CM)						
ALPHA SIZING		XS	S	M	L	XL
BUST GIRTH	A	77 - 82	83 - 88	89 - 96	97 - 104	105 - 114
WAIST GIRTH	C	61 - 66	67 - 72	73 - 80	81 - 88	89 - 98
HIP GIRTH	F	86 - 91	92 - 97	98 - 105	106 - 113	114 - 123
OUTER ARM LENGTH	B	59,2	59,8	60,4	61,0	61,6

UNDERWEAR (IN CM)						
ALPHA SIZING		XS	S	M	L	XL
BUST GIRTH	A	77 - 82	83 - 88	89 - 96	97 - 104	105 - 114
WAIST GIRTH	C	61 - 66	67 - 72	73 - 80	81 - 88	89 - 98
HIP GIRTH	F	86 - 91	92 - 97	98 - 105	106 - 113	114 - 123
OUTER ARM LENGTH	B	59,2	59,8	60,4	61,0	61,6
INSIDE LEG LENGTH	D	78				

PANTS (IN CM)						
ALPHA SIZING		XS	S	M	L	XL
WAIST GIRTH	C	61 - 66	67 - 72	73 - 80	81 - 88	89 - 98
HIP GIRTH	F	86 - 91	92 - 97	98 - 105	106 - 113	114 - 123
INSIDE LEG LENGTH	D	78				

PANTS (IN CM)											
NUMERICAL SIZING		24	26	28	30	32	34	36	38	40	42
WAIST GIRTH	C	53 - 57	58 - 62	63 - 67	68 - 72	73 - 77	78 - 82	83 - 87	88 - 92	93 - 97	98 - 102
HIP GIRTH	F	78 - 82	83 - 87	88 - 92	93 - 97	98 - 102	103 - 107	108 - 112	113 - 117	118 - 122	123 - 127
INSIDE LEG LENGTH SHORT	D	73 cm / 30"									
INSIDE LEG LENGTH REGULAR	D	77,5 cm / 32"									
INSIDE LEG LENGTH LONG	D	82 cm / 34"									
INSIDE LEG LENGTH EXTRA LONG	D	86,5 cm / 36"									

BELTS (IN CM)								
SIZE		XS	S	M	L	XL	2XL	3XL
WAIST GIRTH	C	79	84	89	95	103	113	123

SOCKS (IN CM)					
SIZE		36-38	39-41	42-44	45-47
FOOT LENGTH	G	22,5 - 23,8	24,5 - 25,8	26,5 - 27,8	28,5 - 29,8

HEADWEAR (IN CM)							
SIZE		S/M	L/XL	S	M	L	XL
HEAD GIRTH	E	54 - 57	58 - 61	56	58	60	62

PLATE CARRIER			
SIZE		M	L
WAIST GIRTH	C	82 - 98 +/- 4cm	92 - 108 +/- 4cm

PLEASE READ THE MEASURING INSTRUCTIONS. // VALIDITYPERIOD: 2024 / 2025 // PRINTING AND TYPESETTING ERRORS ARE RESERVED.

MEASURING INSTRUCTIONS

HOW TO MEASURE CORRECTLY
Take care to make all your measurements close-fitting. Dimensions are in cm, length of the pants is also in inches. The figures show your own body measurements. For the most recent version of our size chart, please check our website. Please use a tape measure for taking the measurements.
A BUST GIRTH
This is the horizontal girth measured at bust point level. The bust point is the most anterior point of the bust when wearing a bra. The person stands straight upward with arms hanging freely downward. (See Fig. 01)
B OUTER ARM LENGTH
This is the distance from the shoulder point to the wrist point. The shoulder point is the most lateral point of the lateral edge of the spine of the scapula, projected vertically to the surface of the skin. The wrist point is the more prominent point of the bulge of the head of ulna (prominent bone at the little finger on the side of the wrist). The person should stand upright when measuring, with arms slightly angled. (See Fig. 01)
C WAIST GIRTH
This is the horizontal girth of the body measured at the waist level. The waist level is midway between the lowest rib point and the highest point of the hip bone at the side of the body. The person should stand straight upright with the abdomen relaxed. (See Fig. 01)
D INSIDE LEG LENGTH
This is the vertical distance from the inside leg level (crotch) to the ground. The person stands with legs shoulder width apart. The measurement is taken from the rear of the body. (See Fig. 01)
E HEAD GIRTH
This is the maximum, horizontal girth of the head measured above the centre point of the bow ridge and crossing the rearmost point of the head. The hair should be included in the measurement. (See Fig. 01)
F HIP GIRTH
This is the horizontal girth of the body measured at the hip level. The hip level is the greatest projection at the back of the body (buttocks). The person stands straight upward with the feet together and the abdomen relaxed. (See Fig. 01)
G FOOT LENGTH
Measure the distance from rear end of the heel to the tip of the longest (first or second) toe. It should be parallel to the longitudinal axis of the foot. The person stands straight upward with the legs shoulderwide apart, weight equally distributed onto both feet. (See Fig. 02)

MEASURING POINTS

