

# Equipment Size Guide

We know that finding the right shoe size can be tricky!

We'd recommend looking at the size guide which shows the approximate length of each size's midsole in centimetres.

If you already have a hiking boot, running shoe, or training shoe that fits you well, you could measure the length of the shoe's insole and match this with the size guide.

Alternatively, you can measure the length of your foot and add between 1 and 2cm to find the correct insole length. It is hard to be exact here, as sizing is so personal – but in hiking boots, running shoes or training shoes, we'd recommend having at least 1cm of extra space beyond the end of the longest toe to ensure comfort.

SHOES				
UK SIZE	EU SIZE	US SIZE MENS	US SIZE WOMENS	CM INSOLE LENGTH
1	33	2	3.5	20
2	34.5	3	4.5	21
3	35.5	4	5.5	22
3.5	36	4.5	6	22.5
4	37	5	6.5	23
4.5	37.5	5.5	7	23.5
5	38	6	7.5	24
5.5	38.5	6.5	8	24.5
6	39.5	7	8.5	25
6.5	40	7.5	9	25.5
7	40.5	8	9.5	26
7.5	41.5	8.5	10	26.5
8	42	9	10.5	27
8.5	42.5	9.5	11	27.5
9	43	10	11.5	28
9.5	44	10.5	9.5	28.5
10	44.5	11	-	29
10.5	45	11.5	-	29.5
11	45.5	12	-	30
11.5	46.5	12.5	-	30.5
12	47	13	-	31
13	48	14	-	32
14	50	15	-	33

LACES			
SMALL	MEDIUM	LARGE	XLARGE
1	33	2	3.5
2	34.5	3	4.5

To help you find the right fit, we've created this helpful standardised Size Guide. For clothing, you'll find the body measurements that we use along with a conversion guide for international sizing.

## How To Measure

**CHEST:** Measure around the fullest part of your chest, keeping the tape measure horizontal.

**WAIST:** Measure around the narrowest part (typically where your body bends side to side), keeping the tape measure horizontal.

**HIPS:** Measure around the fullest part of your hips, keeping the tape measure horizontal.

MEN'S TOP						
	XS	S	M	L	XL	XXL
<b>Chest</b>	31.5 - 35" 80 - 88cm	35 - 37.5" 88-96 cm	37.5 - 41" 96 - 104cm	41 - 44" 104 - 112cm	44 - 48.5" 112 - 124cm	48.5 - 53.5" 124 - 136cm
<b>Waist</b>	25.5 - 29" 65 - 73cm	29 - 32" 73 - 81cm	32 - 35" 81 - 89cm	35 - 38" 81 - 87cm	38 - 43" 97 - 109cm	43 - 47.5" 109 - 121cm
<b>Hip</b>	31.5 - 35" 80 - 88cm	35 - 37.5" 88 - 96cm	37.5 - 41" 96 - 104cm	41 - 44" 104 - 112cm	44 - 47" 112 - 120cm	47 - 50.5" 120 - 128cm

MEN'S BOTTOM						
	XS	S	M	L	XL	XXL
<b>Waist</b>	25.5 - 29" 65 - 73cm	29 - 32" 73 - 81cm	32 - 35" 81 - 89cm	35 - 38" 89 - 97cm	38 - 43" 97 - 109cm	43 - 47.5" 109 - 121cm
<b>Hip</b>	31.5 - 35" 80 - 88cm	35 - 37.5" 88 - 96cm	37.5 - 41" 96 - 104cm	41 - 44" 104 - 112cm	44 - 47" 112 - 120cm	47 - 50.5" 120 - 128cm
<b>Leg Length</b>	32" 82cm	32.25" 82.5cm	34.5" 83cm	32.75" 83.5cm	33" 84cm	33.25" 84.5cm

WOMEN'S TOP						
	XS	S	M	L	XL	XXL
<b>Bust</b>	29.5 - 32.5" 76 - 83cm	32.5 - 35.5" 83 - 90cm	35.5 - 38" 90 - 97cm	38 - 41" 97 - 104cm	41 - 44.5" 104 - 114cm	44.5 - 48.5" 114 - 124cm
<b>Waist</b>	23.5 - 26" 60 - 67cm	26 - 29" 67 - 74cm	29 - 31.5" 74 - 81cm	31.5 - 34.5" 81 - 88cm	34.5 - 38.5" 88 - 98cm	38.5 - 42.5" 98 - 108cm
<b>Hip</b>	33 - 35.5" 84 - 91cm	35.5 - 38.5" 91 - 98cm	38.5 - 41" 98 - 105cm	41 - 44" 105 - 112cm	44 - 47" 112 - 120cm	47 - 50" 120 - 128cm

WOMEN'S BOTTOM						
	XS	S	M	L	XL	XXL
<b>Waist</b>	23.5 - 26" 83 - 90cm	26 - 29" 90 - 97cm	29 - 31.5" 91 - 104cm	31.5 - 34.5" 97 - 104cm	34.5 - 38.5" 104 - 111cm	38.5 - 42.5" 111 - 118cm
<b>Hip</b>	33 - 35.5" 69 - 75cm	35.5 - 38.5" 75 - 81cm	38.5 - 41" 81 - 87cm	41 - 44" 81 - 87cm	44 - 47" 87 - 93cm	47 - 50" 93 - 103cm

HANDWEAR				
	SMALL	MEDIUM	LARGE	XLARGE
<b>Glove</b>	6 - 7" 15 - 18cm	7- 8" 18 - 20cm	8 - 9" 20 - 23cm	9- 10" 23 - 25cm

SOCKS			
	SMALL	MEDIUM	LARGE
<b>Socks</b>	UK 3 - 6 US 4 - 7	UK 7 - 9 US 8 - 10	UK 10 - 12 US 11 - 13

PACKS and BAGS		
	S/M	L/XL
<b>PACKS and BAGS</b>	29.5 - 41.5" chest 75 - 105cm chest	35.5 - 4.7" chest 90 - 130cm chest

OTHERS							
XS	S	M	L	XL	XXL	3XL	4XL