

# Body Measurement Chart

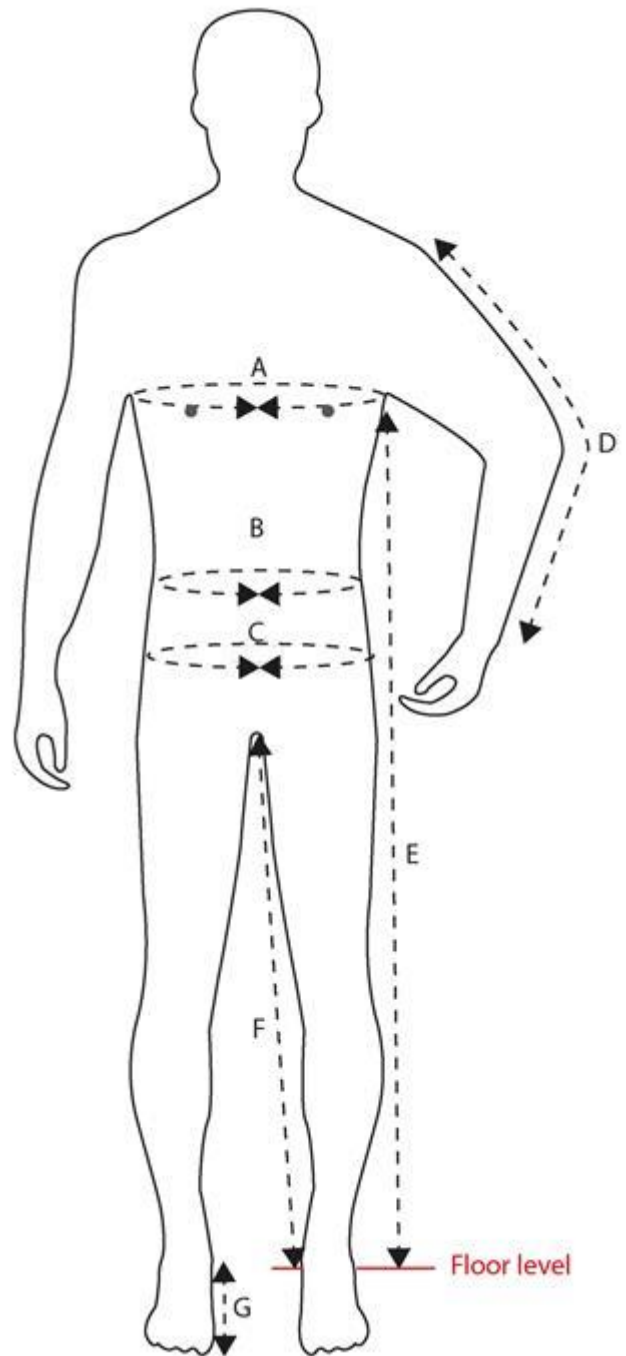
These charts help you select the correct size of your Guideline garments based on your own body measures. Note that the measures in the charts are of your own body, NOT of the garment itself.

Taking accurate body measurements is one of the keys to a great fit; all you need is a tape measure. While it's easiest to have someone else take your measurements, you can also do it yourself. Stand in front of a mirror to make sure you have the tape measure in the right position. Ideally, you should be measured wearing only your underwear or close fitting clothing. Because the body is made of soft tissue, it can be a bit difficult to know exactly how tight to pull the tape around the body. The tape should be a bit snug, but not tight - it should not "dig in" or make an indentation in the body. It should not be loose, either! Just wrap the tape around the area of the body being measured and hold it in place. You should be able to put a finger behind the tape, but no more than that. To measure the length of the foot, stand with your back against a wall and put the foot so the heel touches the wall. Then take a measurement at the position of your longest toe. Do this with a bare foot.

Please note! All measurements are presented in centimeters and are measures of your own body, not the garment. Our chart is only a guide to find the size you need. Trying them on, in real life at a local dealer, is always the best way to find a perfect fit. The fit of fishing clothing is not only about size of your body. It also comes down to personal preferences of how loose or slim you want them.

Last but not least. If you often fish during the cold weather season and have the need for extra base- and fleece-layers, then remember to allow for this when you choose size.

A - Chest. B - Waist. C - Seat. D - Arm. E - Outseam. F - Inseam. G - Foot.



**Mens size Regular Tops & Jackets Jackets**

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>XXXL</b>
Chest	81-87	88-94	95-101	102-108	109-115	116-122	122-128
Waist	74-80	81-87	88-94	95-101	102-108	109-115	116-122
Seat	82-88	89-95	96-102	103-109	110-116	117-122	123-128
Arm length	59,5-60,5	61-62	62,5-63,5	64-65	65,5-66	67-68	68,5-69

**Mens size Regular Pants**

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>	<b>XXXL</b>
Chest	81-87	88-94	95-101	102-108	109-115	116-122	122-128
Waist	74-80	81-87	88-94	95-101	102-108	109-115	116-122
Seat	82-88	89-95	96-102	103-109	110-116	117-122	123-128
Outseam	125	127	134	140	145	147	152
Inseam	80-82	82-84	84-86	86-88	88-90	90-92	92-94
Foot (cm)	24,2	25,2	27,7	28,7	29,7	30,7	31,7

**Mens size Short (S)****Long (L) King (K) Pants**

	<b>MS</b>	<b>LS</b>	<b>ML</b>	<b>LL</b>	<b>MK</b>	<b>LK</b>	<b>XLK</b>
Chest	95-101	102-108	95-101	102-108	102-108	109-115	116-122
Waist	88-94	95-101	88-94	95-101	95-101	102-108	109-115
Seat	96-102	103-109	96-102	103-109	103-109	110-116	117-122
Outseam	128	133	140	146	134	140	145
Inseam	79-81	81-83	89-91	91-93	84-86	86-88	88-90
Foot (cm)	27,7	28,7	27,7	28,7	27,7	28,7	29,7