

SIZE AND FIT GUIDE

Women's

All measurements are based on body measurements. Between sizes and not sure what to do? That's up to you - do you like a tight fit? Size down. Into something with a bit more room? Size up.

Tops, Bottoms and Underwear

CM | INCHES

	BUST	WAIST	HIP
XS	79 - 84	63 - 68	87 - 92
S	84 - 89	69 - 74	93 - 96
M	89 - 94	74 - 79	97 - 102
L	94 - 99	80 - 85	103 - 107
XL	100 - 107	85 - 92	108 - 116
XXL	108 - 115	92 - 99	116 - 124

Men's

All measurements are based on body measurements. Between sizes and not sure what to do? That's up to you - do you like a tight fit? Size down. Into something with a bit more room? Size up.

Tops, Bottoms and Underwear

CM | INCHES

MONS SIZE	CHEST	WAIST	HIP
XS	85 - 92	72 - 78	85 - 91
S	92 - 98	78 - 84	91 - 97
M	98 - 104	84 - 90	97 - 103
L	104 - 110	90 - 96	103 - 109
XL	110 - 117	96 - 103	109 - 116
XXL	117 - 125	103 - 111	116 - 124
3XL	125 - 133	111 - 119	124 - 132

Unisex

Unisex Socks

MONS SIZE	EU	US WOMEN'S	UK WOMEN'S	US MEN'S	UK MEN'S
S	35 - 38	4 - 7	3 - 5	4 - 6	3 - 5
M	39 - 41	8 - 10	6 - 8	7 - 8	6 - 7
L	42 - 44	11 - 13	9 - 11	9 - 11	8 - 10
XL	45 - 47	N/A	N/A	12 - 13	11 - 12

Headwear

CM | INCHES

MONS SIZE	HEAD CIRCUMFERENCE
S/M	56 - 58.5
L/XL	58.5 - 61
OS	58.5 - 61

Measure around the circumference of your head.

Gloves

CM | INCHES

MONS SIZE	HAND WIDTH	HAND LENGTH
XS	18.5	17
S	19.5	18
M	21	19
L	22.5	20
XL	23.5	21

Hand Width - measure around your knuckles.

Hand Length - measure from the end of your middle finger to the base of your palm.

How to Measure



- Chest/Bust: Measure around the widest part of your chest/bust
- Waist: Measure natural smallest point around your middle. Often this is where you bend when touching your toes.
- Hips: Stand straight and measure around the largest part of your hips.
- Inseam: Measure inside seam from crotch to bottom hem.

What does fit mean?

Each style has a 'fit' noted in the product information. Whether it's Slim, Standard or Relaxed, here's how that effects the fit.

Slim Standard Relaxed

A classic performance fit, following the contours of your body. Great for layering.

