| Men's Apparel |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Size | s |  | M |  | L |  | XL |  |
|  | inch | cm | inch | cm | inch | cm | inch | cm |
| Chest | 36-38.5 | 91-98 | 39-41.5 | 99-106 | 42-44.5 | 107-113 | 45-47.5 | 114-121 |
| Sleeve Length | 33 | 84 | 34 | 86.5 | 35 | 89 | 36 | 91.5 |
| Waist | 29-31.5 | 73-80 | 32-34.5 | 81-88 | 35-37.5 | 89-96 | 38-40.5 | 97-103 |
| Hip | 34-36.5 | 86-93 | 37-39.5 | 94-101 | 40-42.5 | 102-108 | 43-45.5 | 109-116 |
| Inseam | 30.5 | 77.5 | 31 | 79 | 32 | 81 | 32.5 | 82.5 |



1 Sleeve length: With your arms in a slightly bent position, measure from the centre of the back of your neck, along the length of 2 Chest: your arm, to the wrist.

3 Waist: Measure the waist circumference at the smallest part of the waist, often at or above the belly button, keeping the tape horizontal around the body.
Measure the hip circumference at the fullest part of the seat, keeping the tape horizontal around the body.

5 Inseam: Measure the distance from the crotch to your ankle. Or you can take a pair of pants that fits and measure the inseam.

Men's Ski Boots


|  | xs |  | s |  | M |  | L |  | XL |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm |
| Hand Circumference | 7.25-7.75 | 18.4-19.7 | 7.75-8.25 | 19.7-21 | 8.5-9 | 21.5-23 | 9-9.5 | 23-24 | 9.5-10 | 24-25.4 |



1 Hand Length: With your hand open, measure from the tip of your middle finger, down to the crease at the base of your palm

2 Hand Circumference: With your hand open, measure around the circumference of your hand, at the base of your knuckles.

| Women's Ski Boots |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Mondo | 23 | 23.5 | 24 | 24.5 | 25 | 25.5 | 26 | 26.5 | 27 | 27.5 | 28 | 28.5 | 29 |  | 29.5 | 30 | 30.5 |
| Us | 5.5 | 6-6.5 | 6.5-7 | 7-7.5 | 8 | 8.5-9 | 9-.95 | 9.5-10 | 10-10.5 | 11 | 11.5-12 | 12-12.5 | 12.5-13 |  | 13.5 | - | - |
| UK | 4.5 | 5-5.5 | 5.5-6 | 6-6.5 | 7 | 7.5-8 | 8-8.5 | 8.5-9 | 9-9.5 | 10 | 10.5-11 | 11-11.5 | 11.5-12 |  | 12.5 | - | - |
| EU | 23 | 23.5 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 |  | 46 | 47 | 48 |
| Boot Sole Length (mm) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Alpine Touring |  |  |  |  |  |  |  |  |  |  |  | 328 |  | 338 |  |  | 349 |
| Telemark |  |  |  |  |  |  |  |  |  |  |  | 325 |  | 335 |  |  | 346 |

Women's Gloves

|  | xs |  | s |  | M |  | L |  | XL |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm |
| Hand Circumference | 6.25-6.75 | 9-17 | . 5 - 7.25 | 1-18. | .25-7.75 | 4-19 | 7.75-8.25 | .7-2 |  |  |



1 Hand Length: With your hand open, measure from the tip of your middle finger, down to the crease at the base of your palm
2 Hand Circumference: With your hand open, measure around the circumference of your hand, at the base of your knuckles.

|  | $\mathbf{~ S / M}$ |  | $\mathbf{M / L}$ |  |
| :--- | :---: | :---: | :---: | :---: |
| inch | $\mathbf{c m}$ | inch | $\mathbf{c m}$ |  |
| Back Length | $16-19$ | $41-48$ | $18.5-21.5$ | $47-55$ |

Climbing Harness



[^0]
[^0]:    1 Sleeve length: With your arms in a slightly bent position, measure from the centre of the back of your neck, along the
    2 Chest:

    4 Hip:
    5 Inseam:
    length of your arm, to the wrist.
    Measure the chest circumference at the fullest point keeping the tape horizontal around the body. Measure the waist circumference at the smallest part of the waist, often at or above the belly button, keeping the tape horizontal around the body.
    Measure the hip circumference at the fullest part of the seat, keeping the tape horizontal around the body.
    Measure the distance from the crotch to your ankle. Or you can take a pair of pants that fits and measure he inseam

