

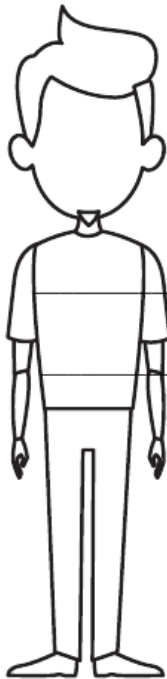


Size chart

Tips and advice for choosing the correct clothing size

How to measure yourself correctly

1. You need a tailor's measuring tape that wraps around your body; using a ruler is not recommended.
2. Measure preferably without clothing, so your clothes do not add extra centimetres.
3. Make sure the measuring tape is parallel to the floor.
4. If in doubt, ask your mother.



Measure the CHEST CIRCUMFERENCE at the widest point under the arms

Measure the WAIST CIRCUMFERENCE at the narrowest point just above the navel

Trousers, bib trousers and coveralls (EN 340 2003)

	XS	S	M	L	XL	XXL	3XL	4XL
1/2 waist circumference in cm	33-37	37-41	41-45	45-49	45-53	53-58.5	58.5-64.5	64.5-70.5
waist circumference in cm	66-74	74-82	82-90	90-98	98-106	106-117	117-129	129-141

T-shirts, forestry jackets and blousons (EN 340 2003)

	XS	S	M	L	XL	XXL	3XL	4XL
1/2 chest circumference in cm	39-43	43-47	47-51	51-55	55-59	59-64.5	64.5-70.5	70.5-76.5
chest circumference in cm	78-86	86-94	94-102	102-110	110-118	118-129	129-141	141-153

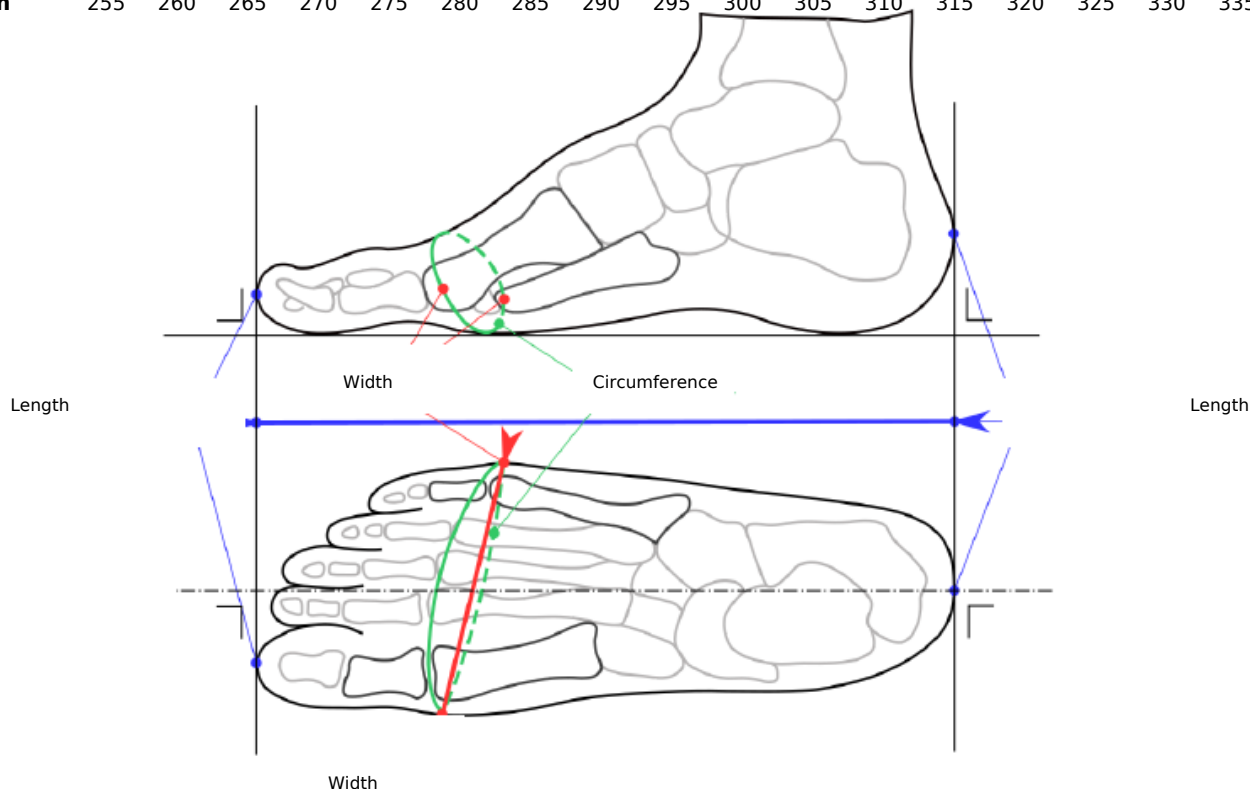
How to measure your footwear size correctly

1. You need paper, a wall, a ruler and a pencil.
2. Place the edge of the paper against the wall.
3. Place your bare foot on the paper with the heel against the wall.
4. Mark the longest point of your foot (big toe or second toe) on the paper.
5. Draw a line from the heel and measure in millimetres.
6. Bravo! You have obtained your MondoPoint and we can start calculating!

How many millimetres did you measure? Add 0.5 cm for better foot comfort and find the ideal footwear size in the table.

I measured 270 mm + 0.5 cm = 275 mm = EU size 42.5

EUR	40	41	41.5	42	42.5	43	44	44.5	45	46	46.5	47	47.5	48	48.5	49	50
UK	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5
mm	255	260	265	270	275	280	285	290	295	300	305	310	315	320	325	330	335



How to measure your glove size correctly

1. Measure the width and circumference of your palm at the point shown in the illustration.
2. Use the result in cm to find your glove size in the table.

I measured 9 cm = glove size 9 / L

Palm width	6cm	7cm	8cm	9cm	10cm	11cm
Size	XS	S	M	L	XL	XXL
Numbering	6	7	8	9	10	11
Palm circumference in mm	152	178	203	229	254	279

