

# Size guide

Find out which size you are across different countries with our handy conversion guide. It's best to use this as a rule of thumb, since sizes and measurements can vary from brand to brand.

## Size Conversions

| EU   | FR   | IT   | UK  | US   |
|------|------|------|-----|------|
| 40   | 40   | 40   | 7   | 7.5  |
| 41   | 41   | 41   | 7.5 | 8    |
| 42   | 42   | 42   | 8   | 8.5  |
| 43   | 43   | 43   | 8.5 | 9    |
| 44   | 44   | 44   | 10  | 10.5 |
| 45   | 45   | 45   | 11  | 11.5 |
| 46.5 | 46.5 | 46.5 | 12  | 12.5 |

## Body Measurements

| EU   | FR   | FOOT LENGTH |
|------|------|-------------|
| 40   | 40   | 24.97       |
| 41   | 41   | 25.6        |
| 42   | 42   | 26.24       |
| 43   | 43   | 26.87       |
| 44   | 44   | 27.48       |
| 45   | 45   | 28.01       |
| 46.5 | 46.5 | 28.86       |

## How to Measure Yourself



### Foot Length

Measure from the tip of your longest toe to the back of your heel

## Workwear

| EU  | INT | FR  | IT  | UK  |
|-----|-----|-----|-----|-----|
| 42  | XS  | 42  | 42  | 32R |
| 44  | S   | 44  | 44  | 34R |
| 46  | S   | 46  | 46  | 36R |
| 48  | M   | 48  | 48  | 38R |
| 50  | M   | 50  | 50  | 40R |
| 52  | L   | 52  | 52  | 42R |
| 54  | XL  | 54  | 54  | 44R |
| 56  | XXL | 56  | 56  | 46R |
| 58  | 3XL | 58  | 58  | 48R |
| 60  | 3XL | 60  | 60  | 50R |
| 62  | 4XL | 62  | 62  | 52R |
| 64  | 4XL | 64  | 64  | 54R |
| 66  | 5XL | 66  | 66  | 56R |
| 68  | 5XL | 68  | 68  | 58R |
| 70  | 6XL | 70  | 70  | 60R |
| 72  | 6XL | 72  | 72  | 62R |
| 74  | 7XL | 74  | 74  | 64R |
| 76  | 8XL | 76  | 76  | 66R |
| 78  | 8XL | 78  | 78  | 68R |
| 90  | XS  | 90  | 90  | 36L |
| 94  | S   | 94  | 94  | 38L |
| 98  | M   | 98  | 98  | 40L |
| 102 | L   | 102 | 102 | 42L |
| 106 | XL  | 106 | 106 | 44L |
| 110 | XXL | 110 | 110 | 46L |
| 114 | 3XL | 114 | 114 | 48L |
| 118 | 3XL | 118 | 118 | 50L |

## Body Measurements

| EU  | INT | BUST | WAIST | HIP |
|-----|-----|------|-------|-----|
| 42  | XS  | 84   | 70    | 90  |
| 44  | S   | 88   | 74    | 93  |
| 46  | S   | 92   | 78    | 96  |
| 48  | M   | 96   | 83    | 99  |
| 50  | M   | 100  | 88    | 102 |
| 52  | L   | 104  | 93    | 105 |
| 54  | XL  | 108  | 98    | 108 |
| 56  | XXL | 112  | 102   | 111 |
| 58  | 3XL | 116  | 107   | 114 |
| 60  | 3XL | 120  | 111   | 117 |
| 62  | 4XL | 124  | 115   | 120 |
| 64  | 4XL | 128  | 119   | 123 |
| 66  | 5XL | 132  | 123   | 126 |
| 68  | 5XL | 136  | 127   | 129 |
| 70  | 6XL | 140  | 131   | 132 |
| 72  | 6XL | 144  | 135   | 135 |
| 74  | 7XL | 148  | 139   | 138 |
| 76  | 8XL | 152  | 143   | 143 |
| 78  | 8XL | 156  | 147   | 147 |
| 90  | XS  | 92   | 78    | 97  |
| 94  | S   | 96   | 82    | 100 |
| 98  | M   | 100  | 87    | 103 |
| 102 | L   | 104  | 92    | 106 |
| 106 | XL  | 108  | 97    | 109 |
| 110 | XXL | 112  | 101   | 112 |
| 114 | 3XL | 116  | 106   | 115 |
| 118 | 3XL | 120  | 110   | 118 |

## How to Measure Yourself



### **Bust**

Bring the measuring tape underneath your armpits and measure around the fullest part of your bust

### **Waist**

Bring the measuring tape around your natural waistline and measure between the highest part of your hip bone and your lower ribs

### **Hip**

Bring the measuring tape around your hips and measure around the fullest part of your bottom

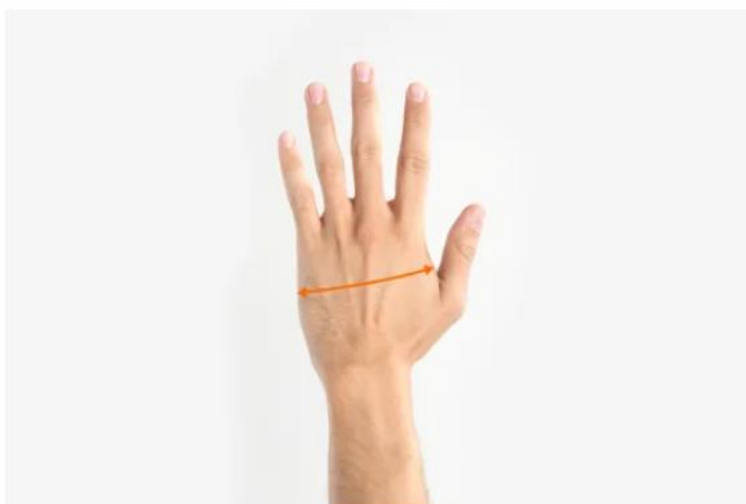
## Gloves

| EU   | FR   | IT   | UK   |
|------|------|------|------|
| 5.5  | 5.5  | 5.5  | 5.5  |
| 6    | 6    | 6    | 6    |
| 6.5  | 6.5  | 6.5  | 6.5  |
| 7    | 7    | 7    | 7    |
| 7.5  | 7.5  | 7.5  | 7.5  |
| 8    | 8    | 8    | 8    |
| 8.5  | 8.5  | 8.5  | 8.5  |
| 9    | 9    | 9    | 9    |
| 9.5  | 9.5  | 9.5  | 9.5  |
| 10   | 10   | 10   | 10   |
| 10.5 | 10.5 | 10.5 | 10.5 |
| 11   | 11   | 11   | 11   |

## Body Measurements

| EU   | FR   | HAND  |
|------|------|-------|
| 5.5  | 5.5  | 13.97 |
| 6    | 6    | 15.24 |
| 6.5  | 6.5  | 16.51 |
| 7    | 7    | 17.78 |
| 7.5  | 7.5  | 19.05 |
| 8    | 8    | 20.32 |
| 8.5  | 8.5  | 21.59 |
| 9    | 9    | 22.86 |
| 9.5  | 9.5  | 24.13 |
| 10   | 10   | 25.4  |
| 10.5 | 10.5 | 26.67 |
| 11   | 11   | 27.94 |

## How to Measure Yourself



### Hand

Wrap the measuring tape around your hand, crossing the widest part of your palm and the back of your hand