

BODY MEASUREMENTS

CM INCHES

SIZE	WAIST**	HIP	INSEAM
4/30	68	92	78
4/32	68	92	83
6/30	72	96	78
6/32	72	96	83
8/30	76	100	78
8/32	76	100	83
10/30	80	104	78
10/32	80	104	83
12/30	84	108	78
12/32	84	108	83
14/30	88	112	78
14/32	88	112	83
16/30	93	116	78
16/32	93	116	83
18/30	98	120	78
18/32	98	120	83

*Most of Helly Hansen Workwear pants can be extended by unpicking a seam at bottom hem.

**Measure at belly-button height.

SIZE	CHEST	WAIST	HIP	INSEAM	CB SLEEVE*	BODYLENGTH
XS	80	65	88	74	75	156
S	84	68	92	76	77	160
M	92	76	100	80	81	168
L	100	84	108	82	83	172
XL	108	93	116	83	84	174
2XL	116	103	124	84	85	176
3XL	124	113	132	84	86	178

*Centre Back Sleeve: Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.

MEASURING GUIDE

CHEST

Measure around the fullest part, across chest points, keeping the tape horizontal.

WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

HIP

Measure around the fullest part of your hips keeping the tape horizontal.

CENTER BACK SLEEVE

Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.

INSEAM

Measure from top of inside thigh to bottom of ankle, while standing with straight legs.

