

BODY MEASUREMENTS

CM INCHES

SIZE	WAISTBAND**	WAIST***	INSEAM
30/30	83	79	78
30/32	83	79	83
30/34	83	79	88
32/30	88	84	78
32/32	88	84	83
32/34	88	84	88
34/30	93	89	78
34/32	93	89	83
34/34	93	89	88
36/30	98	94	78
38/30	103	99	78
38/32	103	99	83
38/34	103	99	88
40/30	108	104	78
40/32	108	104	83
40/34	108	104	88
42/30	113	109	78
42/32	113	109	83
42/34	113	109	88
44/30	118	114	78
44/32	118	114	83
44/34	118	114	88

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

**Measure where your pants' waistband is placed.

***Measure at belly-button height.

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SIZE	CHEST	WAIST	HIP	INSEAM	CB SLEEVE*	BODYLENGTH
XS	88	76	88	79	82	170
S	92	80	92	80	84	174
M	100	88	100	82	87	180
L	108	96	108	84	90	184
XL	116	104	116	86	93	188
2XL	124	112	124	88	96	192
3XL	132	120	132	89	98	194
4XL	140	128	140	89	98,5	194
5XL	148	136	148	89	99	194

*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.

