## REGATTA MEASURING GUIDE

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The fit of your clothes depends on the cut/style and design of your garment. Our garments will vary in actual size as we allow for ease of fabric over the body. Measure your body accurately to determine what size clothes you would be best buying.

## MEN'S

## A = Chest

Measure the chest at the fullest part
placing the tape under the arms.
B = Waist
Measure aroand the waist at the height at which you would normally wear your trousers.
C = Inside Leg
Measure from the crotch to where your trouser leg is normally worn at the ankle.

## WOMEN'S

## A = Bust

Measure around the fullest part of your bust.

## B = Waist

Measure around the waist at the height at which you would normally wear your trousers.

## C = Inside Leg

Measure from the crotch to where your trouser leg is normally worn at the ankle.


| Men's Body Measurements | XXS | XS |  | S | M |  | L | X |  | XXL |  | XXXL | XXX |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Men's Sizing: Jackets/Body Warmers/Fleeces/Shirts \& T-Shirts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (Chest) size inches | 34 | 35-36 |  | 37-38 | 39-40 |  | 41-42 | 43-44 |  | 46-48 |  | 49-51 | 52-54 |  |
| (Chest) size cm's | 86 | 89-91.5 |  | 94-96.5 | 99-101.5 |  | 104-106.5 | 109-112 |  | 117-122 | 124.5 | .5-129.5 | 132-137 |  |
| European Conversion | 44 | 46 |  | 48 | 50 |  | 52-54 | 56 |  | 58-60 |  | 62 | 64 |  |
| Men's Waist Sizing: Trousers \& Shorts |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (Waist) size inches |  | 26 | 28 | 30 | $32 \quad 3$ | 33 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 |
| (Waist) size cm's |  | 66 | 71 | 76 | 818 | 84 | 86.5 | 91.5 | 96.5 | 101.51 | 106.5 | 111.5 | 117 | 122 |

## Men's Waist Sizing European Conversion

Austria, Switzerland, Germany, Netherlands,

| Sweden, Germany | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| Belguim, Spain, France, Portugal | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 |  |


| Men's Inside Leg Measurements | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| (Short) inches | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |  |
| (Regular) inches | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 | 33 |  |


| XS | $S$ | $M$ | $L$ | $X L$ | $X X L$ | XXXL |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- |


| Men's Overtrouser |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| (Waist) inches | 28-30 | 30-32 | 33-34 | 36-37 | 38-40 | 42-44 | 46-48 |
| (Waist) cm's | 71-76 | 76-81 | 84-86 | 92-94 | 97-102 | 107-112 | 117-122 |
| European Conversion |  |  |  |  |  |  |  |
| Austria, Switzerland, Germany, Netherlands, |  |  |  |  |  |  |  |
| Sweden, Italy | 42-44 | 44-46 | 48-50 | 50-52 | 54-56 | 58-60 | 62-64 |
| Belguim, Spain, France, Portugal | 36-38 | 38-40 | 42-44 | 44-46 | 48-50 | 52-54 | 56-58 |


| Womens Body Measurements | 8 | 10 | 12 | 14 | 16 | 18 | 20 | 22 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Women's Sizing: Jackets/Body Warmers/Fleeces/Shirts/T-Shirts \& Trousers |  |  |  |  |  |  |  |  |
| (Bust) size inches | 32 | 34 | 36 | 38 | 40 | 43 | 45 | 48 |
| (Bust) size cm's | 81 | 86 | 92 | 97 | 102 | 109 | 114 | 122 |
| (Waist) size inches | 25 | 27 | 29 | 31 | 33 | 36 | 38 | 41 |
| (Waist) size cm's | 63 | 68 | 74 | 79 | 84 | 91 | 96 | 104 |
| European Conversion |  |  |  |  |  |  |  |  |
| Austria, Switzerland, Germany, Belgium, Netherlands, Sweden | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 |
| Spain, France, Portugal | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 |
| Italy | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 |


| Women's Inside Leg Measurements |  |  |  |  |  |  |  |  |
| :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- | :--- |
| (Short) inches | 27 | 27 | 27 | 27 | 27 | 27 | 27 | 27 |
| (Regular) inches | 29 | 29 | 29 | 29 | 29 | 29 | 29 | 29 |
| (Long) inches | 31 | 31 | 31 | 31 | 31 | 31 | 31 | 31 |

