

Benchmark Fitting Guide for Men



A. Neck

The measurement is taken around the neck, at the collar level.

B. Chest

The measurement is taken around the fullest part of the upper chest, keeping the tape under the arms and around the shoulder blades.

C. Waist

The measurement is taken around the waist, keeping one finger between the tape and the body, for a comfortable fit.

D. Inseam

Measure from the top of the inner pant leg seam (the crotch) to the opening at the bottom of the pant leg.

E. Sleeve

Measure the length from the top stitching on the shoulder to the bottom of the wrist. Be careful not to measure too high above the wrist.

Men's Jackets			Men's Shirts				
SIZE	TO FIT CHEST	SLEEVE	SIZE	COLLAR	TO FIT CHEST	LONG SLEEVE	SHORT SLEEVE
92/XS	87cm	64.5cm	38/S	38cm	86/88cm	62cm	25cm
97/S	92cm	65.5cm	39/M	39cm	90/92cm	62.5cm	25cm
102/M	97cm	66.5cm	40/M	40cm	94/96cm	63cm	25cm
107/L	102cm	67.5cm	41/L	41cm	98/100cm	63.5cm	26cm
112/XL	107cm	68.5cm	42/L	42cm	102/104cm	64cm	26cm
117/2XL	112cm	69cm	43/XL	43cm	106/108cm	64.5cm	26cm
122/3XL	117cm	69.5cm	44/2XL	44cm	110/112cm	65cm	27cm
127/4XL	122cm	70cm	46/3XL	46cm	118/120cm	66cm	27cm
			48/3XL-4XL	48cm	126/128cm	67cm	28cm
			50/5XL	50cm	134/136cm	68cm	28cm

Men's Pants		
SIZE	TO FIT WAIST	INLEG LENGTH
77	77/30	84
82	82/32	84
87	87/34	84
92	92/36	84
97	97/38	84
102	102/40	84
107	107/42	84
112	112/44	84
117	117/46	84

M7630 Size Conversion	
SIZE	TO FIT LADIES' SIZE
XS	12
S	14
M	16
L	18
XL	20
2XL	22
3XL	24
4XL	26
5XL	28

M9370 Size Conversion	
SIZE	TO FIT LADIES' SIZE
XS/77/30	12
S/82/32	14
M/87/34	16
L/92/36	18
XL/97/38	20
2XL/102/40	22
3XL/107/42	24
4XL/112/44	26
5XL/117/46	28

Benchmark Fitting Guide for Women



A. Bust

The measurement is taken around the fullest part of the bust, keeping the tape under the arms and around the shoulder blades.

B. Waist

The measurement is taken around the waist, keeping one finger between the tape and the body, for a comfortable fit.

C. Hips

The measurement is taken around the fullest part of the hips, while standing naturally (approximately 22 cm down from the waist).

Ladies' Tops

SIZE	TO FIT CHEST	TO FIT WAIST
6	77/80	66/68
8/XS	82/85	71/73
10/S	87/90	76/78
12/M	92/95	81/83
14/L	97/100	86/88
16/XL	102/105	91/93
18/XL	107/110	96/98
20/2XL	112/115	101/103
22/3XL	117/120	106/108
24/3XL	122/125	111/113
26	127/130	116/118
28	132/135	121/123
30	137/140	126/128

Ladies' Bottoms

SIZE	TO FIT WAIST	TO FIT HIP
6	66/68	86/89
8	71/73	91/94
10	76/78	96/99
12	81/83	101/104
14	86/88	106/109
16	91/93	111/114
18	96/98	116/119
20	101/103	121/124
22	106/108	126/129
24	111/113	131/134
26	116/118	136/139