

SIZE CHARTS (MENSWEAR)

EU REGULAR & TALL / MENSWEAR

BODY MEASUREMENTS

| Sizes | XS | | S | | M | | L | | XL | | 2XL | | 3XL | | 4XL | | 5XL | | | | | | | | | | | | | | |
|-------------|-----|------|-----|------|-----|-------|-----|-------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|
| | C44 | | C46 | | C48 | | C50 | | C52 | | C54 | | C56 | | C58 | | C60 | | C62 | | C64 | | C66 | | C68 | | C70 | | C72 | | C74 |
| | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | |
| Body Height | 170 | 5'7" | 174 | 5'8" | 180 | 5'11" | 180 | 5'11" | 184 | 6' | 184 | 6' | 188 | 6'2" | 188 | 6'2" | 192 | 6'3" | 192 | 6'3" | 194 | 6'4" | 194 | 6'4" | 194 | 6'4" | 194 | 6'4" | 194 | 6'4" | |

| | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | | |
|--------------|----|------|----|------|----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|
| Chest | 88 | 34.5 | 92 | 36 | 96 | 37.5 | 100 | 39 | 104 | 41 | 108 | 42.5 | 112 | 44 | 116 | 45.5 | 120 | 47 | 124 | 48.5 | 128 | 50 | 132 | 52 | 136 | 53.5 | 140 | 55 | 144 | 56.5 | 148 | 58 |
| Waist | 76 | 30 | 80 | 31.5 | 84 | 33 | 88 | 34.5 | 92 | 36 | 96 | 37.5 | 100 | 39 | 104 | 41 | 108 | 43.5 | 112 | 44 | 116 | 45.5 | 120 | 47 | 124 | 48.5 | 128 | 50 | 132 | 52 | 136 | 53.5 |
| Waistband | 80 | 31.5 | 84 | 33 | 88 | 34.5 | 92 | 36 | 96 | 37.5 | 100 | 39 | 104 | 41 | 108 | 42.5 | 112 | 44 | 116 | 45.5 | 120 | 47 | 124 | 48.5 | 128 | 50 | 132 | 52 | 136 | 53.5 | 140 | 55 |
| Hip | 88 | 34.5 | 92 | 36 | 96 | 37.5 | 100 | 39 | 104 | 41 | 108 | 42.5 | 112 | 46.5 | 116 | 45.5 | 120 | 47 | 124 | 48.5 | 128 | 50 | 132 | 52 | 136 | 53.5 | 140 | 55 | 144 | 56.5 | 148 | 58 |
| Inseam | 79 | 31 | 80 | 31.5 | 81 | 32 | 82 | 32 | 83 | 32.5 | 84 | 33 | 85 | 33.5 | 86 | 34 | 87 | 34 | 87 | 34 | 88 | 34.5 | 88 | 34.5 | 88 | 34.5 | 88 | 34.5 | 88 | 34.5 | 88 | 34.5 |
| Inseam tall* | 84 | 33 | 85 | 33.5 | 86 | 34 | 87 | 34 | 88 | 34.5 | 89 | 35 | 90 | 35 | 91 | 36 | 92 | 36 | 92 | 36 | 93 | 36.5 | 93 | 36.5 | 93 | 36.5 | 93 | 36.5 | 93 | 36.5 | 93 | 36.5 |

EU SHORT & WIDE PANTS / MENSWEAR

BODY MEASUREMENTS

| Sizes | D84 | | D88 | | D92 | | D96 | | D100 | | D104 | | D108 | | D112 | | D116 | | D120 | | D124 | | D128 | |
|-------------|-----|------|-----|------|-----|------|-----|------|------|------|------|------|------|------|------|-------|------|-------|------|-------|------|-------|------|------|
| | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet | cm | feet |
| Body Height | 156 | 5'1" | 160 | 5'3" | 164 | 5'4" | 170 | 5'7" | 170 | 5'7" | 174 | 5'8" | 174 | 5'8" | 178 | 5'10" | 178 | 5'10" | 182 | 5'11" | 182 | 5'11" | 184 | 6' |

| | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch | cm | inch |
|---------------------|----|------|----|------|-----|------|----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|
| Waistband | 82 | 32 | 86 | 34 | 90 | 35 | 94 | 37 | 98 | 38.5 | 102 | 40 | 106 | 41.5 | 110 | 43 | 114 | 45 | 118 | 46.5 | 122 | 48 | 126 | 49.5 |
| Hip | 92 | 36 | 96 | 37.5 | 100 | 39 | 98 | 38.5 | 102 | 40 | 106 | 41.5 | 110 | 43 | 114 | 45 | 118 | 46.5 | 122 | 48 | 126 | 49.5 | 130 | 51 |
| Inseam short & wide | 73 | 28.5 | 74 | 29 | 75 | 29.5 | 76 | 30 | 77 | 30 | 78 | 30.5 | 79 | 31 | 80 | 31.5 | 81 | 32 | 82 | 32 | 83 | 32.5 | 84 | 33 |
| Inseam wide* | 78 | 30.5 | 79 | 31 | 80 | 31.5 | 81 | 32 | 82 | 32 | 83 | 32.5 | 84 | 33 | 85 | 33.5 | 86 | 34 | 87 | 34 | 88 | 34.5 | 89 | 35 |

FIND YOUR PANT SIZE / MENSWEAR

*Most of Helly Hansen Workwear C-sized and D-sized pants can be extended by unpicking a seam at bottom hem

| Waistband width Inseam length | 80 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 | 112 | 114 | 116 | 118 | 120 | 122 | 124 | 126 | 128 | 132 | 136 | 140 | | | |
|----------------------------------|----|------|------|------|------|-----|------|------|-------|------|-----|-------|-------|-------|-----|------|-------|------|------|-------|-------|------|-----|-------|-----|------|------|------|------|--|
| 72 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 73 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 74 | | | | D88 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 75 | | | | | D92 | | | | | | | | | | | | | | | | | | | | | | | | | |
| 76 | | | | | | D94 | | | | | | | | | | | | | | | | | | | | | | | | |
| 77 | | | | | | | D100 | | | | | | | | | | | | | | | | | | | | | | | |
| 78 | | | | | | | | D104 | | | | | | | | | | | | | | | | | | | | | | |
| 79 | | C44 | | D88* | | | | | D108 | | | | | | | | | | | | | | | | | | | | | |
| 80 | | | C46 | | D92* | | | | | D112 | | | | | | | | | | | | | | | | | | | | |
| 81 | | | | | | C48 | | D94* | | | | | | | | | D116 | | | | | | | | | | | | | |
| 82 | | | | | | | C50 | | D100* | | | | | | | | | D120 | | | | | | | | | | | | |
| 83 | | | | | | | | | | C52 | | D104* | | | | | | | D124 | | | | | | | | | | | |
| 84 | | C44* | | | | | | | | | C54 | | D108* | | | | | | | | | | | D128 | | | | | | |
| 85 | | | C46* | | | | | | | | | C56 | | D112* | | | | | | | | | | | | | | | | |
| 86 | | | | | C48* | | | | | | | | | C58 | | | D116* | | | | | | | | | | | | | |
| 87 | | | | | | | C50* | | | | | | | | | | | C60 | | C62 | D120* | | | | | | | | | |
| 88 | | | | | | | | C52* | | | | | | | | | | | C64 | D124* | C66 | | C68 | C70 | C72 | C74 | | | | |
| 89 | | | | | | | | | | C54* | | | | | | | | | | | | | | D128* | | | | | | |
| 90 | | | | | | | | | | | | C56* | | | | | | | | | | | | | | | | | | |
| 91 | | | | | | | | | | | | | | C58* | | | | | | | | | | | | | | | | |
| 92 | | | | | | | | | | | | | | | | C60* | | | | | | | | | | | | | | |
| 93 | | | | | | | | | | | | | | | | | | | | | | C64* | | C66* | | C68* | C70* | C72* | C74* | |
| 94 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 95 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

INCH TO C-SIZE (INSEAM 32" - 34")

Suggestion to which size to try on first

| | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | |
|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|---|
| C44 | x | x | | | | | | | | | | | | | |
| C46 | | x | x | x | | | | | | | | | | | |
| C48 | | | | x | | | | | | | | | | | |
| C50 | | | | | x | x | | | | | | | | | |
| C52 | | | | | | x | x | | | | | | | | |
| C54 | | | | | | | x | | | | | | | | |
| C56 | | | | | | | | x | | | | | | | |
| C58 | | | | | | | | | x | | | | | | |
| C60 | | | | | | | | | | x | | | | | |
| C62 | | | | | | | | | | | x | | | | |
| C64 | | | | | | | | | | | | x | | | |
| C66 | | | | | | | | | | | | | x | | |
| C68 | | | | | | | | | | | | | | x | |
| C70 | | | | | | | | | | | | | | | x |

INCH TO D-SIZE (SHORT & WIDE INSEAM 30" - 32")

Suggestion to which size to try on first

| | 30 | 31 | 32 | 33 | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | | |
|------|----|----|----|----|----|----|----|----|----|----|----|----|---|---|
| D84 | x | x | | | | | | | | | | | | |
| D88 | | x | x | | | | | | | | | | | |
| D92 | | | x | x | | | | | | | | | | |
| D96 | | | | | x | | | | | | | | | |
| D100 | | | | | | x | | | | | | | | |
| D104 | | | | | | | x | | | | | | | |
| D108 | | | | | | | | x | | | | | | |
| D112 | | | | | | | | | x | | | | | |
| D116 | | | | | | | | | | x | | | | |
| D120 | | | | | | | | | | | x | | | |
| D124 | | | | | | | | | | | | x | | |
| D128 | | | | | | | | | | | | | x | |
| D136 | | | | | | | | | | | | | | x |



SIZE CHARTS (WOMENSWEAR)

EU REGULAR & TALL / WOMENSWEAR

BODY MEASUREMENTS

| Sizes | XS | | S | | M | | L | | XL | | 2XL | |
|-------------|-----|------|-----|------|-----|------|-----|------|-----|------|-----|------|
| | C34 | | C36 | | C38 | | C40 | | C42 | | C44 | |
| | CM | Feet | CM | Feet | CM | Feet | CM | Feet | CM | Feet | CM | Feet |
| Body Height | 156 | 5'1" | 160 | 5'3" | 164 | 5'5" | 168 | 5'6" | 170 | 5'7" | 172 | 5'8" |

| | CM | Inch | CM | Inch | CM | Inch | CM | Inch | CM | Inch | CM | Inch | CM | Inch | CM | Inch | CM | Inch | CM | Inch |
|--------------|----|--------|----|--------|----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|-----|--------|
| Chest | 80 | 31.5 | 84 | 33 | 88 | 34 2/3 | 92 | 36 2/9 | 96 | 37 4/5 | 100 | 39 3/8 | 104 | 41 | 108 | 42 1/2 | 112 | 44 | 116 | 45 2/3 |
| Waist | 65 | 25 3/5 | 68 | 26 7/9 | 72 | 28 1/3 | 76 | 30 | 80 | 31 1/2 | 84 | 33 | 88 | 34 2/3 | 93 | 36 3/5 | 98 | 38 4/7 | 103 | 40 5/9 |
| Hip | 88 | 34 2/3 | 92 | 36 2/9 | 96 | 37 4/5 | 100 | 39 3/8 | 104 | 41 | 108 | 42 1/2 | 112 | 44 | 116 | 45 2/3 | 120 | 47 1/4 | 124 | 48 5/6 |
| Inseam | 74 | 29 1/8 | 76 | 30 | 78 | 30 5/7 | 80 | 31 1/2 | 81 | 31 8/9 | 82 | 32 2/7 | 83 | 32 2/3 | 83 | 32 2/3 | 84 | 33 | 84 | 33 |
| Inseam tall* | 79 | 31 1/9 | 81 | 31 8/9 | 83 | 32 2/3 | 85 | 33 1/2 | 86 | 33 6/7 | 87 | 34 1/4 | 88 | 34 2/3 | 88 | 34 2/3 | 89 | 35 | 90 | 35 3/7 |

FIND YOUR PANT SIZE / WOMENSWEAR

| Waistband width | 65 | 68 | 72 | 76 | 80 | 84 | 88 | 93 | 98 | 103 | 108 | 113 | 118 | 123 | 128 | 133 | 138 | 143 |
|-----------------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|------|
| Inseam length | | | | | | | | | | | | | | | | | | |
| 72 | | | | | | | | | | | | | | | | | | |
| 73 | | | | | | | | | | | | | | | | | | |
| 74 | C34 | | | | | | | | | | | | | | | | | |
| 75 | | | | | | | | | | | | | | | | | | |
| 76 | | C36 | | | | | | | | | | | | | | | | |
| 77 | | | | | | | | | | | | | | | | | | |
| 78 | | | C38 | | | | | | | | | | | | | | | |
| 79 | C34* | | | | | | | | | | | | | | | | | |
| 80 | | | | C40 | | | | | | | | | | | | | | |
| 81 | | C36* | | | C42 | | | | | | | | | | | | | |
| 82 | | | | | | C44 | | | | | | | | | | | | |
| 83 | | | C38* | | | | C46 | C48 | | | | | | | | | | |
| 84 | | | | | | | | | C50 | C52 | | | | | | | | |
| 85 | | | | C40* | | | | | | | C54 | C56 | C58 | C60 | C62 | C64 | C66 | C68 |
| 86 | | | | | C42* | | | | | | | | | | | | | |
| 87 | | | | | | C44* | | | | | | | | | | | | |
| 88 | | | | | | | C46* | C48* | | | | | | | | | | |
| 89 | | | | | | | | | C50* | C52* | | | | | | | | |
| 90 | | | | | | | | | | | C54* | C56* | C58* | C60* | C62* | C64* | C66* | C68* |
| 91 | | | | | | | | | | | | | | | | | | |
| 92 | | | | | | | | | | | | | | | | | | |

INCH TO C-SIZE (INSEAM 32" - 34")

Suggestion to which size to try on first

| | 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |
|-----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| C34 | X | X | | | | | | | | | | | | | | |
| C36 | | X | X | | | | | | | | | | | | | |
| C38 | | | | X | X | | | | | | | | | | | |
| C40 | | | | | | X | | | | | | | | | | |
| C42 | | | | | | | X | X | | | | | | | | |
| C44 | | | | | | | | | X | | | | | | | |
| C46 | | | | | | | | | | X | X | | | | | |
| C48 | | | | | | | | | | | | X | X | | | |
| C50 | | | | | | | | | | | | | | X | X | |
| C52 | | | | | | | | | | | | | | | | X |

SIZE CHARTS (FOOTWEAR)

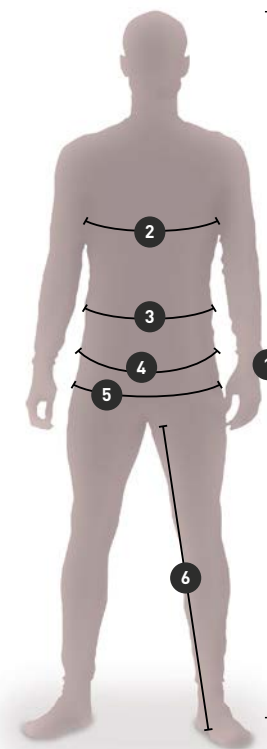
FOOTWEAR (MEN)

| EU | UK | US | CM | MONDOPOINT |
|----|------|------|------|------------|
| 35 | 2 | 3.5 | 21.5 | 215 |
| 36 | 3 | 4 | 22 | 220 |
| 37 | 4 | 5 | 23 | 230 |
| 38 | 5 | 6 | 23.5 | 235 |
| 39 | 6 | 7 | 24.5 | 245 |
| 40 | 6.5 | 7.5 | 25 | 250 |
| 41 | 7 | 8 | 26 | 260 |
| 42 | 8 | 9 | 26.5 | 265 |
| 43 | 9 | 10 | 27.5 | 275 |
| 44 | 10 | 11 | 28 | 280 |
| 45 | 10.5 | 11.5 | 29 | 290 |
| 46 | 11 | 12 | 29.5 | 295 |
| 47 | 12 | 13 | 30.5 | 305 |
| 48 | 13 | 14 | 31 | 310 |

FOOTWEAR (WOMEN)

| EU | UK | US | CM | MONDOPOINT |
|----|-----|-----|------|------------|
| 34 | 1 | 3.5 | 20.5 | 205 |
| 35 | 2 | 5 | 21.5 | 215 |
| 36 | 3 | 5.5 | 22 | 220 |
| 37 | 4 | 6.5 | 23 | 230 |
| 38 | 5 | 7.5 | 23.5 | 235 |
| 39 | 6 | 8.5 | 24.5 | 245 |
| 40 | 6.5 | 9 | 25 | 250 |
| 41 | 7 | 9.5 | 26 | 260 |
| 42 | 8 | 10 | 26.5 | 265 |

SIZE CHARTS (HOW TO MEASURE)



- 1: BODY HEIGHT
- 2: CHEST
- 3: WAIST (AT BELLY-BUTTON HEIGHT)
- 4: WAISTBAND (WHERE YOUR PANTS' WAISTBAND IS PLACED)
- 5: HIP
- 6: INSEAM