FINDEN+HALES

2025 TO FIT GUIDE

All measurements are in cm unless otherwise stated

THIS GUIDE REFERS TO ACTUAL BODY MEASUREMENTS, FOR ACTUAL GARMENT MEASUREMENTS SEE SIZE SPECIFICATION SUMMARY.

MEN'S/ UNISEX GARMENTS	ONE		XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EUROPEAN CHEST TO FIT	42-62		42-44	44-46	46-48	48-50	52	54-56	58	60-62	64	66-68
EUROPEAN WAIST TO FIT	38-52		38	40	42	44	46	48	50	52	54	56
TO FIT CHEST - INCHES	32-52		32-34	34-36	36-38	38-40	42	44-46	48	50-52	54	56-58
TO FIT CHEST - CMS	81-132		81-86	86-91	91-96	96-101	107	112-117	122	127-132	137	142-147
TO FIT WAIST - INCHES	28-42		28	30	32	34	36	38	40	42	44	46
TO FIT WAIST - CMS	71-107		71	76	81	86	91	96	101	107	112	117

LADIES' GARMENTS	XS		S	M	L	XL	XXL
UK TO FIT	8		10	12	14	16	18
EUROPEAN TO FIT	36		38	40	42	44	46
TO FIT CHEST - INCHES	30-32		32-34	34-36	36-38	38-40	40-42
TO FIT CHEST - CMS	78-81		81-87	87-91	91-96	96-101	101-107
TO FIT WAIST - INCHES	26		28	30	32	34	36
TO FIT WAIST - CMS	66		71	76	81	86	91

Please note that height is a better indication of fit than age

KIDS GARMENTS - AGE	3/4		5/6	5/8	7/8	9/10	9/13	11/12	13
HEIGHT - CMS	98/104		110/116	110/128	122/128	134/140	134/164	146/152	164
TO FIT CHEST - INCHES	22-24		24-26	24-28	26-28	28-30	28-34	30-32	32 - 34
TO FIT CHEST - CMS	54-60		60-66	60-71	66-71	71-76	71-81	76-81	81
TO FIT WAIST - INCHES	21		22	22-23	23	24.5	24.5-27.5	26	27.5
TO FIT WAIST - CMS	54		56	56-58	58	62	62-70	66	70

IT IS ADVISABLE TO USE ACTUAL BODY MEASUREMENTS RATHER THAN MEASURING OVER CLOTHES.
INFORMATION IN GREEN ARE NEW UPDATES FOR 2024