These garments are slim fit. If you are comfortable with a slim fit item then choose the size that directly corresponds with your measurements. If your measurement is at the top end of a range then it will be a slim, performance fit. If this is not your preference go up to the next size.

Men

| Size | $\mathbf{2 X S}$ | $\mathbf{X S}$ | $\mathbf{S}$ | $\mathbf{M}$ | $\mathbf{L}$ | $\mathbf{X L}$ | $\mathbf{2 X L}$ | $\mathbf{3 X L}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chest | $29-31$ | $32-34$ | $35-37$ | $38-40$ | $42-44$ | $46-48$ | $49-52$ | $53-56$ |
| Waist | $24-26$ | $27-29$ | $30-32$ | $32-35$ | $35-39$ | $40-43$ | $44-47$ | $48-52$ |
| Inseam | 31.7 | 31.9 | 32.1 | 32.3 | 32.5 | 32.7 | 32.9 | 33.1 |

Women

| Size <br> UK label | 2XS <br> $\mathbf{0 - 2}$ | XS <br> $\mathbf{4 - 6}$ | $\mathbf{S}$ <br> $\mathbf{8 - 1 0}$ | M <br> $\mathbf{1 2 - 1 4}$ | $\mathbf{L}$ <br> $\mathbf{1 6 - 1 8}$ | XL <br> $\mathbf{2 0 - 2 2}$ | 2XL <br> $\mathbf{2 4 - 2 6}$ | $\mathbf{3 X L}$ <br> $\mathbf{2 8 - 3 0}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chest | $28-30$ | $30-32$ | $32-35$ | $35-37$ | $37-40$ | $40-43$ | $43-46$ | $46-49$ |
| Waist | $22-25$ | $26-28$ | $28-30$ | $30-32$ | $32-34$ | $35-38$ | $40-44$ | $44-48$ |
| Inseam | 29 | $29-30$ | $29-30$ | 31 | 31 | 31 | 31 | 31 |

## Youth*

| Size <br> Age | XXS <br> $\mathbf{6 y ~ 1 1 6}$ | XS <br> $\mathbf{8 y 1 2 8}$ | S <br> $\mathbf{1 0 y ~ 1 4 0}$ | M <br> $\mathbf{1 2 y} 152$ | L <br> $\mathbf{1 4 y} 146$ | XL <br> $\mathbf{1 6 y} 176$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Chest | $25-26$ | $27-29$ | $30-31$ | $32-33$ | $34-35$ | $36-38$ |
| Waist | $20-22$ | $23-25$ | $25-27$ | $27-29$ | $30-32$ | $32-34$ |
| Inseam | 20 | 22 | 24 | 26 | 28 | 30 |

*Youth Boys (YB) garments will size the same as the standard youth garments. Youth Girls (YG) size up a size smaller. This applies to CC polo, tee, LS tee and SL tee garments only


## specialist sports

## Socks

| Size | $\mathbf{3 K}$ | $\mathbf{0}$ | $\mathbf{1}$ | $\mathbf{2}$ | $\mathbf{3}$ | $\mathbf{4}$ | $\mathbf{5}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK | $101 / 2 \mathrm{~K}-13 \mathrm{~K}$ | $131 / 2 \mathrm{~K}-2$ | $21 / 2-4$ | $41 / 2-6$ | $61 / 2-8$ | $81 / 2-10$ | $101 / 2-12$ |
| Europe | $27-30$ | $31-33$ | $34-36$ | $37-39$ | $40-42$ | $43-45$ | $46-48$ |
| France | $28-31$ | $32-34$ | $34-37$ | $38-40$ | $41-43$ | $44-46$ | $47-49$ |

## How to get the right fit

*all measurements are in inches*

## 1. Chest

Run a flexible tape measure across the fullest area of your chest

## 2. Waist

Measure around the narrowest part of the waist

## 3. Inseam

Measure from your crotch to the bottom of your leg


## Samples

Whilst the above guides are an indication of size, we would strongly recommend using a sizing set to ensure everyone has tried on the kit where possible. This can be discussed with your Account Manager.


