

WHICH PRODUCT DO YOU REQUIRE A SIZE GUIDE FOR ?



MENS CLOTHING

How do I measure my size?

Take your measurements using a soft tape without pulling too tightly around the body. If you are unsure and are between sizes pick the larger size.

1. Chest size: measure around the fullest part of the chest (Loosely)
2. Waist size : Measure at the narrowest point
3. Hip size: Measure at the widest point

TOP

SIZE	S	M	L	XL	XXL
Chest (cm)	≤ 92	93 / 98	99 / 104	105 / 110	≥ 111
Waist (cm)	≤ 78	79 / 84	85 / 90	91 / 96	≥ 97

BOTTOMS

SIZE	S	M	L	XL	XXL
Waist (cm)	≤ 78	79 / 84	85 / 90	91 / 96	≥ 97
Hips (cm)	≤ 90	91 / 96	97 / 102	103 / 108	≥ 109



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2. Waist size : Measure at the narrowest point
3. Hip size: Measure at the widest point

TOP

SIZE	XS	S	M	L	XL
Chest (cm)	≤ 79	80 / 85	86 / 91	92 / 97	≥ 98
Waist (cm)	≤ 68	69 / 74	75 / 80	81 / 86	≥ 87

BOTTOMS

SIZE	XS	S	M	L	XL
Waist (cm)	≤ 68	69 / 74	75 / 80	81 / 86	> 87
Hips (cm)	≤ 78	79 / 84	85 / 90	91 / 96	≥ 97



GLOVES

How do I measure my size?

Measure around your hand as shown in the picture.

Measurement (cm)	SIZE
17 - 17,5 cm	S
18 - 18,5 cm	M
19 - 20,5 cm	L
21 - 22,5 cm	XL



ANTISHOCK GAITERS

How do I measure myself for antishock Gaiters ?

Measure the circumference of your calf as in the picture.

Calf circumference (cm)	SIZE
≤ 35 cm	S
35 - 39 cm	M
40 - 43 cm	L
≥ 44 cm	XL



COMPRESSION SLEEVES

How do I choose the correct size for compression sleeves ?

Measure the circumference of your calf as pictured.

Calf circumference (cm)	SIZE
30 - 34 cm	S
35 - 38 cm	M
39 - 45 cm	L



MENS SHOES

How do I measure my shoe size?

Measure the longest part of the foot as shown in the photo.

NB : for people with a wider foot, it is best to get 1/2 a size larger.

Raidlight size	39 _{1/3}	40	40 _{2/3}	41 _{1/3}	42	42 _{2/3}	43 _{1/3}	44	44 _{2/3}	45 _{1/3}	46	46 _{2/3}	47 _{1/3}
Foot length (cm)	25	25,5	26	26,5	27	27,5	28	28,5	29	29,5	30	30,5	31
UK size	6	6,5	7	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12
US size	7	7,5	8	8,5	9	9,5	10	10,5	11	11,5	12	12,5	13

ADIDAS	391/3	40	402/3	411/3	42	422/3	431/3	44	442/3	451/3	46	462/3	471/3
ASICS	39,5	40	40,5	41,5	42	42,5	43,5	44	44,5	45	46	46,5	47
BROOKS	39,5	40	40,5	41	42	42,5	43	44	44,5	45	46	46,5	47
MIZUNO	38,5	39	40	40,5	41	42	42,5	43	44	44,5	45	46	46,5
NEW BALANCE	40	40,5	41	41,5	42	42,5	43	44	44,5	45	45,5	46,5	47
NIKE	39,5	40	40,5	41	42	42,5	43	44	44,5	45	45,5	46	47
SAUCONY	39,5	40	40,5	41	42	42,5	43	44	44,5	45	46	46,5	47
THE NORTH FACE	39	39,5	40	40,5	41	42	42,5	43	44	45	45,5	46	47
INOV 8	39,5	40	40,5	41	41	42	42,5	43	44	44,5	45	45,5	47
SALOMON	391/3	40	402/3	411/3	42	422/3	431/3	44	442/3	451/3	46	462/3	472/3



WOMENS SHOES

How do I measure my shoe size?

Measure the longest part of the foot as shown in the photo.

NB : for people with a wider foot, it is best to get 1/2 a size larger.

Raidlight size	36_{2/3}	37_{1/3}	38	38_{2/3}	39_{1/3}	40	40_{2/3}	41_{1/3}	42
Foot length (cm)	23	23,5	24	24,5	25	25,5	26	26,5	27
UK size	4	4,5	5	5,5	6	6,5	7	7,5	8

US size	5	5,5	6	6,5	7	7,5	8	8,5	9
ADIDAS	362/3	371/3	38	382/3	391/3	40	402/3	411/3	42
ASICS	36	37	37,5	38	39	39,5	40	40,5	41,5
BROOKS	36	36,5	37,5	38	38,5	39	40	40,5	41
MIZUNO	-	36	36,5	37	38	38,5	39	40	40,5
NEW BALANCE	-	36	36,5	37	37,5	38	39	40	40,5
NIKE	36	36,5	37,5	38	38,5	39	40	40,5	41
SAUCONY	-	37	37,5	38	38,5	39	40	40,5	41
INOV 8	37,5	38	38,5	39,5	40	40,5	41,5	42	42,5
SALOMON	362/3	371/3	38	382/3	391/3	40	402/3	411/3	42