

# SIZE GUIDE

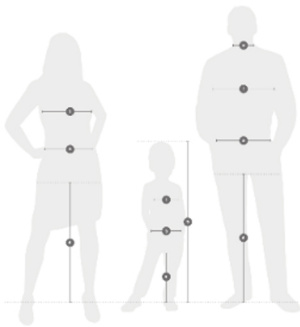
For all Russell garments



All of our measurements are based on actual “to fit” body sizes rather than the size of the garment itself. For example, a polo shirt with a chest to fit size of 92-97cm / 36-38” will fit someone with this chest measurement; trousers with a waist to fit 50 Europe / 34”, will fit a person with this measurement.

HERE ARE SOME TIPS TO HELP YOU CHOOSE THE MOST APPROPRIATE GARMENT SIZE(S):

- 1. CHEST**  
Men: Measure around the fullest part of the chest, 2.5cm below the underarm. Women: Measure around the fullest part of the bust.
- 2. COLLAR**  
Men: Measure around the base of the neck.
- 3. WAIST**  
All: Measure around the natural waist, keeping the measuring tape taut.
- 4. LEG LENGTH**  
All: Measure from the top of the inside leg at the crotch down to where the trousers are normally worn with shoes.
- 5. HEIGHT**  
Children: Standing still with feet together and flat on the floor, measure from the top of the head to the ground.



| LADIES'            | XXS   | XS    | S     | M      | L       | XL      | 2XL     | 3XL     | 4XL     | 5XL     | 6XL     |
|--------------------|-------|-------|-------|--------|---------|---------|---------|---------|---------|---------|---------|
| CHEST TO FIT (CM)  | 72–77 | 77–82 | 82–87 | 87–92  | 92–97   | 97–102  | 102–107 | 107–112 | 112–117 | 117–122 | 122–127 |
| CHEST TO FIT (INS) | 28–30 | 30–32 | 32–34 | 34–36  | 36–38   | 38–40   | 40–42   | 42–44   | 44–46   | 46–48   | 48–50   |
| DRESS SIZE         |       |       |       |        |         |         |         |         |         |         |         |
| UK                 | 6     | 8     | 10    | 12     | 14      | 16      | 18      | 20      | 22      | 24      | 26      |
| FRANCE             | 34    | 36    | 38    | 40     | 42      | 44      | 46      | 48      | 50      | 52      | 54      |
| ITALY              | 38    | 40    | 42    | 44     | 46      | 48      | 50      | 52      | 54      | 56      | 58      |
| GERMANY/EUROPE     | 32    | 34    | 36    | 38     | 40      | 42      | 44      | 46      | 48      | 50      | 52      |
| MEN'S              | XXS   | XS    | S     | M      | L       | XL      | 2XL     | 3XL     | 4XL     | 5XL     | 6XL     |
| CHEST TO FIT (CM)  | 82–87 | 87–92 | 92–97 | 97–102 | 102–107 | 107–112 | 112–117 | 117–122 | 122–127 | 127–132 | 132–137 |
| CHEST TO FIT (INS) | 32–34 | 34–36 | 36–38 | 38–40  | 40–42   | 42–44   | 44–46   | 46–48   | 48–50   | 50–52   | 52–54   |
| DRESS SIZE         |       |       |       |        |         |         |         |         |         |         |         |
| GERMANY/EUROPE     | 44    | 46    | 48    | 50     | 52      | 54-56   | 56-58   | 58-60   | 62-64   | 66-68   | 70-72   |

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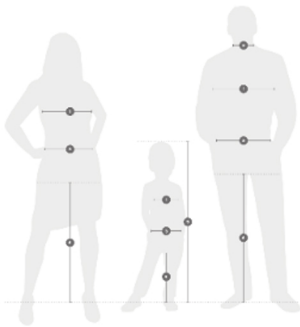
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|                    | XS    | S     | M     | L     | XL    | 2XL   | 3XL   | 4XL   |
|--------------------|-------|-------|-------|-------|-------|-------|-------|-------|
| AGES (YEARS)       | 1–2   | 3–4   | 5–6   | 7–8   | 9–10  | 12–13 | 13–14 | 15–16 |
| HEIGHT (CM)        | 90    | 104   | 116   | 128   | 140   | 152   | 164   | 176   |
| CHEST TO FIT (CM)  | 51–56 | 56–63 | 63–71 | 71–76 | 76–81 | 81–86 | 86–91 | 91–96 |
| CHEST TO FIT (INS) | 20–22 | 22–25 | 25–28 | 28–30 | 30–32 | 32–34 | 34–36 | 36–38 |

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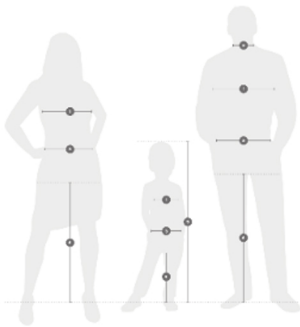
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| LADIES'                       | XXS   | XS    | S         | M      | L         | XL        | 2XL     | 3XL       | 4XL     | 5XL     | 6XL     |
|-------------------------------|-------|-------|-----------|--------|-----------|-----------|---------|-----------|---------|---------|---------|
| CHEST TO FIT (CM)             | 72-77 | 77-82 | 82-87     | 87-92  | 92-97     | 97-104    | 104-112 | 112-120   | 120-130 | 130-137 | 137-144 |
| CHEST TO FIT (INS)            | 28-30 | 30-32 | 32-34     | 34-36  | 36-38     | 38-41     | 41-44   | 44-47     | 47-51   | 51-54   | 54-57   |
| DRESS SIZE                    |       |       |           |        |           |           |         |           |         |         |         |
| UK                            | 6     | 8     | 10        | 12     | 14        | 16        | 18      | 20        | 22      | 24      | 26      |
| FRANCE                        | 34    | 36    | 38        | 40     | 42        | 44        | 46      | 48        | 50      | 52      | 54      |
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| GERMANY/EUROPE                | 32    | 34    | 36        | 38     | 40        | 42        | 44      | 46        | 48      | 50      | 52      |
| MEN'S                         |       |       | S         | M      | L         | XL        | 2XL     | 3XL       | 4XL     | 5XL     | 6XL     |
| COLLAR TO FIT (CM)            |       |       | 37-38     | 39-40  | 41-42     | 43-44     | 45-46   | 47-48     | 49-50   | 51-52   | 53-54   |
| DUAL COLLAR SIZES (INS)       |       |       | 14.5-15   | 15.5   | 16-16.5   | 17-17.5   | 18      | 18.5-19   | 19.5    | 20      | 21      |
| INDIVIDUAL COLLAR SIZES (INS) |       |       | 14.5 & 15 | 15.5   | 16 & 16.5 | 17 & 17.5 | 18      | 18.5 & 19 | 19.5    | 20      | 21      |
| CHEST TO FIT (CM)             |       |       | 92-97     | 97-102 | 102-107   | 107-112   | 112-117 | 117-122   | 122-127 | 127-132 | 132-137 |
| CHEST TO FIT (INS)            |       |       | 36-38     | 38-40  | 40-42     | 42-44     | 44-46   | 46-48     | 48-50   | 50-52   | 52-54   |

## For all Russell garments

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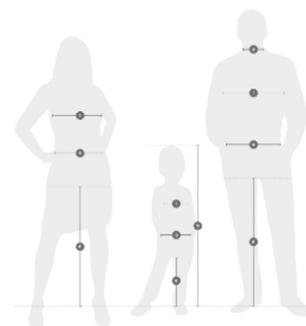
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Men: Measure around the base of the neck.

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**All:** Measure from the top of the inside leg at the crotch down to where the trousers are normally worn with shoes.

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|                  |       |         |      |    |    |    |    |    |    |    |    |
|------------------|-------|---------|------|----|----|----|----|----|----|----|----|
| UK (INS)         | 28    | 30      | 32   | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 |
| EUROPE           | 44    | 46      | 48   | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 |
|                  | SHORT | REGULAR | LONG |    |    |    |    |    |    |    |    |
| LEG LENGTH (CM)  | 76    | 81      | 86   |    |    |    |    |    |    |    |    |
| LEG LENGTH (INS) | 30    | 32      | 34   |    |    |    |    |    |    |    |    |



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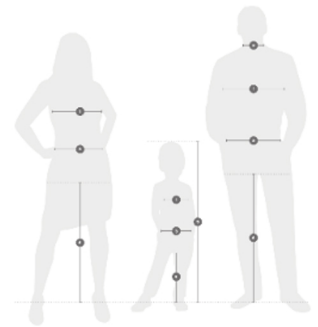
All: Measure around the natural waist, keeping the measuring tape taut.

## 4. LEG LENGTH

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## 5. HEIGHT

Children: Standing still with feet together and flat on the floor, measure from the top of the head to the ground.



| LADIES'            | XS   | S    | M  | L    | XL   |      |       |
|--------------------|------|------|----|------|------|------|-------|
| WAIST TO FIT (CM)  | 63.5 | 68.5 | 74 | 79   | 84   |      |       |
| WAIST TO FIT (INS) | 25   | 27   | 29 | 31   | 33   |      |       |
| MEN'S              | XS   | S    | M  | L    | XL   | 2XL  | 3XL   |
| WAIST TO FIT (CM)  | 71   | 76   | 81 | 86.5 | 91.5 | 96.5 | 101.5 |
| WAIST TO FIT (INS) | 28   | 30   | 32 | 34   | 36   | 38   | 40    |

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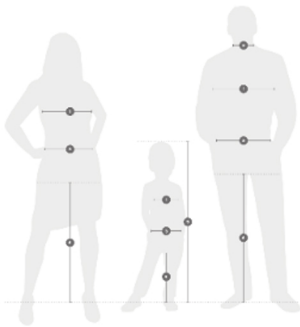
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| AGES (YEARS)       | 3–4  | 5–6 | 7–8 | 9–10 | 11–12 |
| HEIGHT (CM)        | 104  | 116 | 128 | 140  | 152   |
| WAIST TO FIT (CM)  | 47   | 55  | 53  | 56   | 62    |
| WAIST TO FIT (INS) | 18.5 | 20  | 21  | 22   | 24.5  |