

ICEBREAKER MEN'S SIZING GUIDE - CENTIMETRES

Measurements refer to body size, not garment dimensions, and are in centimetres.

In cases when your body measurements are midway between two sizes, go to the smaller size for a tighter fit or the larger size for a looser fit.

UPPER BODY:

In instances when your body measurements for Chest and Height are in two different suggested sizes, we recommend going with the size from your Chest measurement.

MENS (cm)	S	M	L	XL	XXL
EU	46-48	50	52	54	56-58
CHEST	96.5	101.5	106.5	111.5	116.5
HEIGHT	171.5	175.5	179.5	183.5	187.5

How to measure:

Chest:

Place the tape measure across the back, underneath the arms and then across the fullest part of the chest.

Height:

This is your true height, without the assistance of shoes.

LOWER BODY:

In instances when your body measurements for Seat, Waist and Outside Leg are in different suggested sizes, we recommend going with the size from your Seat measurement.

MENS (cm)	S	M	L	XL	XXL
EU	46-48	50	52	54	56-58
WAIST	80	85	90	95	100
SEAT	99	104	109	114	119
OUTSIDE LEG	107	109	111	113	115

How to measure:

Waist:

Measure at your navel.

Seat:

Place the measuring tape around the body at the fullest part of the seat feet together.

Outside Leg:

From the waist, over your hip bone to the floor without shoes.

ICEBREAKER WOMEN'S SIZING GUIDE - CENTIMETRES

Measurements refer to body size, not garment dimensions, and are in centimetres.

In cases when your body measurements are midway between two sizes, go to the smaller size for a tighter fit or the larger size for a looser fit.

UPPER BODY:

In instances when your body measurements for Bust and Height are in two different suggested sizes, we recommend going with the size from your Bust measurement.

WOMENS (cm)	XS	S	M	L	XL
EU	34 - 36	38	40	42	44
BUST	83.5	88.5	93.5	98.5	103.5
HEIGHT	159	163	167	171	175

How to measure:

Bust:

Place tape measure across the back, underneath the arms and then across the widest point on the bust. Don't "squish" yourself.

Height:

This is your true height, without the assistance of shoes.

LOWER BODY:

In instances when your body measurements for Waist, Low Hip and Outside Leg are in different suggested sizes, we recommend going with the size from your Low Hip measurement.

WOMENS (cm)	XS	S	M	L	XL
EU	34 - 36	38	40	42	44
WAIST	64.5	69.5	74.5	79.5	84.5
LOW HIP	91.5	96.5	101.5	106.5	111.5
OUTSIDE LEG	104	106	108	110	112
PANT INSIDE LEG	73.5	75.5	77.5	79.5	79.5

How to measure:

Waist:

Measure the smallest part of the torso.

Low Hip:

Place the measuring tape around the body at the fullest part of the lower hip, feet together.

Inside Leg:

Measure from the waist, over your hip bone to the floor without shoes.

Icebreaker Junior Sizing Guide – centimetres

Measurements refer to body size, not garment dimensions, and are in centimetres.

In cases when your body measurements are midway between two sizes, go to the smaller size for a tighter fit or the larger size for a looser fit.

In instances when your body measurements for Chest and Height are in two different suggested sizes, we recommend going with the size from your Chest measurement.

GIRLS (cm)	1	2	3-4 yrs	5-6 yrs	7-8 yrs
CHEST	51-54	54-58	58-62	62-66	66-70
HEIGHT	80-88	88-100	100-114	114-126	126-136
GIRLS (cm)		9-10 yrs		11-12 yrs	
CHEST		70-74		74-78	
HEIGHT		136-146		146-156	
BOYS (cm)	1	2	3-4 yrs	5-6 yrs	7-8 yrs
CHEST	51-54	54-58	58-62	62-66	66-70
HEIGHT	80-88	88-100	100-114	114-126	126-136
BOYS (cm)		9-10 yrs		11-12 yrs	
CHEST		70-74		74-78	
HEIGHT		136-146		146-156	

How to measure:

Chest:

Place tape measure across the back, underneath the arms and then across the fullest part of the chest.

Height:

This is your true height, without the assistance of shoes.



Women's Sizing				
Sock Size	Small	Medium	Large	
USA	5.5-7	7.5-9	9.5-11	
UK	3-4.5	5-6.5	7-8.5	
Europe	35-37	38-40	41-43	

Men's Sizing				
Sock Size	Small	Medium	Large	Extra Large
USA	7-8.5	9-10.5	11-12.5	13-14.5
UK	6-7.5	8-9.5	10-11.5	12-13.5
Europe	39-41.5	42-44	44.5-46.5	47-49