

**SIZING CHART**

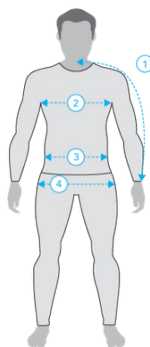
**MEN'S  
JACKET/SHIRT SIZING CHART**

**YOUR BODY MEASUREMENTS IN CENTIMETRES:**

cm inches

Body Size	XS	S	M	L	XL	XXL	3XL	4XL
Chest	92	97	102	110	118	128	138	148
Waist	76	81	86	94	102	112	122	132
Hip	90	95	100	108	116	126	136	146
Sleeve	81	84	86	89	91	94	96	99

**Note:** If your measurements are between sizes, select a larger size for a looser fit or a smaller size for a tighter fit.



**HOW TO FIND YOUR MEASUREMENTS:**

**Note:** Calculate your own body measurements, then select your product size.

- 1. Sleeve:** Bend elbow and measure from the centre of your neck (back) to you elbow and down to your wrist.
- 2. Chest:** Measure the fullest part of your chest, keeping the tape level to the floor.
- 3. Waist:** Measure your natural waist where your torso is the smallest.
- 4. Hip:** Stand with feet together and measure the fullest part of your hips (approximately 8" below the natural waist).

**MEN'S  
PANTS SIZING CHART**

**ALPHA SIZING,  
YOUR BODY MEASUREMENTS IN CENTIMETRES:**

cm inches

Body Size	XS	S	M	L	XL	XXL	3XL	4XL
Waist	76	81	86	94	102	112	122	132
Hip	90	95	100	108	116	126	136	146
Short Inseam	75	76	77	78	79	79	-	-
Regular Inseam	80	81	82	83	84	84	-	-
Tall Inseam	88	89	90	91	92	92	-	-

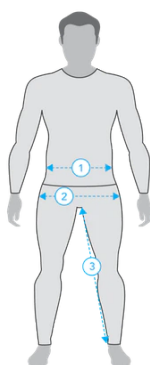
**Note:** Actual pant length will vary according to product end use.

**NUMERICAL SIZING,  
YOUR BODY MEASUREMENTS IN CENTIMETRES:**

cm inches

Body Size	30	32	34	36	38
Waist	80	85	90	95	100
Hip	95	100	105	110	115
Pant inseam, length of actual garment					
Pant Inseam: 32	81	81	81	81	81
Pant Inseam: 35	89	89	89	89	89

**Note:** Several models of Arc'teryx pants are sized numerically and may be available in different inseam lengths. Please refer to the specific product page to see which waist size and inseam lengths are available for your product. Actual pant length will vary according to product end use.



**HOW TO FIND YOUR MEASUREMENTS:**

**Note:** Calculate your own body measurements, then select your product size.

- 1. Waist:** Measure around your waist at the narrowest part.
- 2. Hip:** Stand with feet together and measure the fullest part of your hips (approximately 8" below the natural waist).
- 3. Inseam:** From a standing position, measure from your crotch down the inside leg to the floor.

## MEN'S HARNESS SIZING CHART

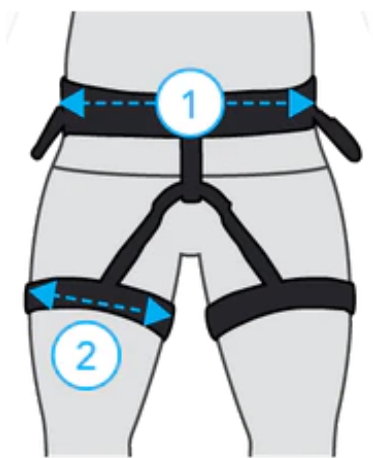
YOUR BODY MEASUREMENTS IN CENTIMETRES:

cm

inches

Size	Waist	Thigh
XS	67 - 75	49 - 54
S	72 - 80	52 - 57
M	78 - 86	56 - 61
L	85 - 95	60 - 65
XL	94 - 104	64 - 69
XXL	103 - 113	70 - 75

\*Size ranges are guidelines only and will vary with the type of clothing worn during measurement. Harnesses fit differently on different individuals even when measurements are the same sizes and are based on actual body dimensions.



### HOW TO FIND YOUR MEASUREMENTS:

**Note:** Calculate your own body measurements, then select your product size.

**1. Waist:** Measure around your waist at the narrowest part

**2. Thigh:** Measure around your thigh at the fullest point.

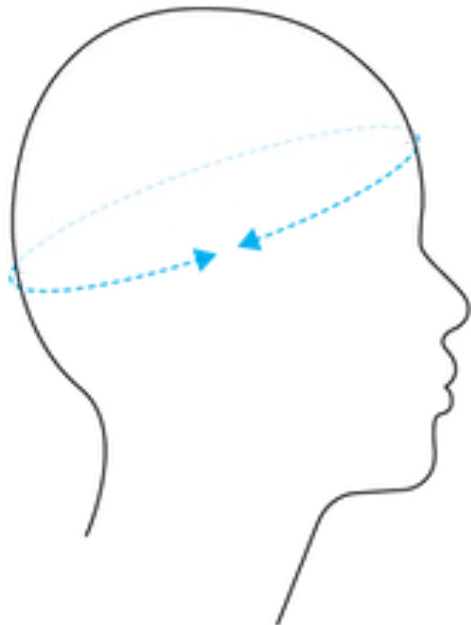
# HAT SIZING CHART

YOUR HEAD MEASUREMENTS IN CENTIMETRES:

cm

inches

Size	Head Circumference
S - M	55 - 57
L - XL	58 - 60
One-size-fits-all	55 - 60



## HOW TO FIND YOUR MEASUREMENTS:

**Note:** Calculate your own body measurements, then select your product size.

**Circumference:** Head sizing is based on the circumference around the head. Measure the distance around the widest part of your head.

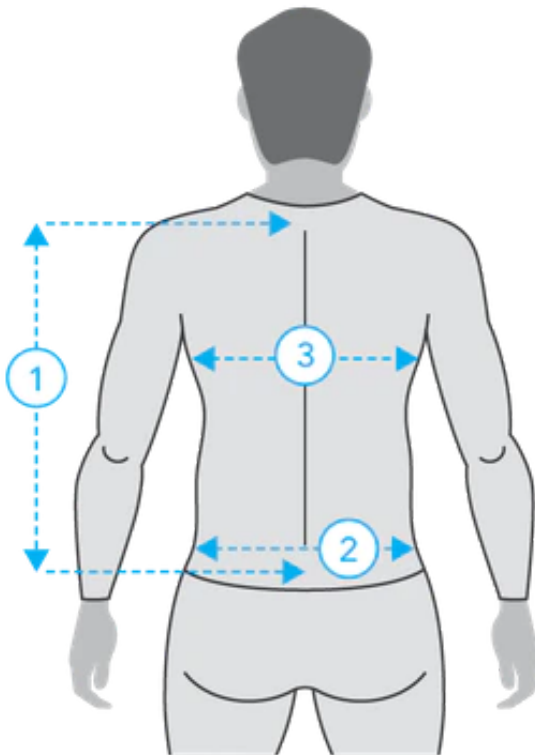
# BACKPACK SIZING CHART

PACK SIZING,  
YOUR BODY MEASUREMENTS IN CENTIMETRES:

cm

inches

Size	Unisex
Regular	46 $\frac{1}{2}$ - 51 $\frac{1}{2}$
Tall	50 $\frac{1}{2}$ - 55 $\frac{1}{2}$



## HOW TO FIND YOUR MEASUREMENTS:

**Note:** Calculate your own body measurements, then select your product size.

**1. Back Length:** To determine your size, measure down the spinal column from the 7th cervical vertebra and the level of the hip iliac crest

**2. Hipbelt sizing:** is based on a measurement around the hip iliac crest. Measure around the body at the top edge of the hip iliac crest, approximately 2 inches below the point at which you would measure your waist.

**3. Shoulder strap:** sizing refers to bust/chest circumference. Measure around the bust/chest at the fullest point.