

	Height		Weight		Waist		Chest		Hips	
	Ft /inch		Stone	(decimal)	Inch		Inch		Inch	
SIZE	CM		KG		CM		CM		CM	
XS imperial	5'4"	5'6"	9.0	9.6	27	30	34	36	32	34
XS metric	163	168	57	61	69	75	86	92	81	87
S imperial	5'6"	5'8"	9.6	10.7	29	31	36	38	34	36
S metric	168	173	61	68	74	80	91	97	86	92
SB imperial	5'6"	5'8"	10.6	11.8	31	33	38	40	36	38
SB metric	168	173	67	75	79	85	96	102	91	97
ST imperial	5'8"	5'10"	10.4	11.5	29	31	36	38	34	36
ST metric	173	178	66	73	74	80	91	97	86	92
M imperial	5'8"	5'10"	11.0	12.1	31	33	38	40	36	38
M metric	173	178	70	77	79	85	96	102	91	97
MB imperial	5'8"	5'10"	12.0	13.2	33	35	40	42	38	40
MB metric	173	178	76	84	84	90	101	107	96	102
MT imperial	5'10"	6'	11.8	12.9	31	33	38	40	36	38
MT metric	178	183	75	82	79	85	96	102	91	97
L imperial	5'10"	6'	12.4	13.5	33	35	40	42	38	40
L metric	178	183	79	86	84	90	101	107	96	102
LB imperial	5'10"	6'	13.2	14.3	35	37	42	44	40	42
LB metric	178	183	84	91	89	95	106	112	101	107
XL imperial	5'11"	6'2"	13.5	14.6	35	37	42	44	40	42
XL metric	180	188	86	93	89	95	106	112	101	107
XXL imperial	6'1"	6'4"	14.6	15.7	37	39	44	46	42	44
XXL metric	186	193	93	100	94	100	111	117	106	112

Sizes with the letter T are tall sizing. Sizes with B are a broader fit.

Note: This chart is for Long Johns only