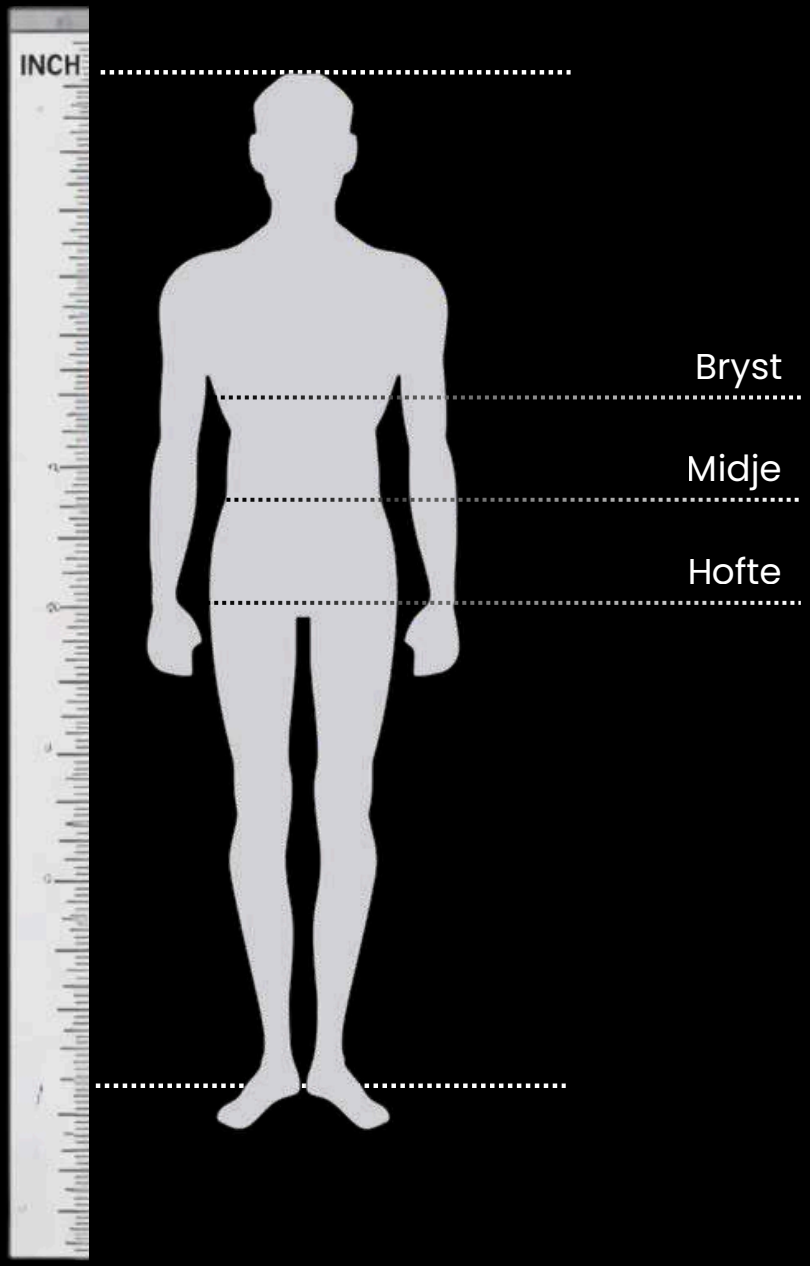
MATTERHORN

STØRRELSESGUIDE

Bruk kroppsmålene dine og sammenlign dem med tabellene nedenfor for å finne riktig Matterhorn-størrelse. Den offisielle Matterhorn-guiden har separate størrelsestabeller for herre, dame og unisex. (Båstadgruppen)



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STØRRELSESGUIDE FOR HERRER/DAMER

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Størrelsesguide for menn

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)
XS	86–91	74–79	90–95
S	92–97	80–85	96–101
M	98–103	86–91	102–107
L	104–109	92–97	108–113
XL	110–115	98–103	114–119
XXL	116–121	104–109	120–125
3XL	122–127	110–115	126–131
4XL	128–133	116–121	132–137
5XL	134–139	122–127	138–143

Omregningstabell for herre-livvidde

WAIST (INCH)	WAIST (CM)
28	71
29	73.5
30	76
31	78.5
32	81
33	84
34	86
35	89
36	91.5

WAIST (INCH)	WAIST (CM)
37	94
38	96.5
39	99
40	101.5
41	104
42	106.5
43	109
44	111.5
45	114
46	117
47	119

WAIST (INCH)	WAIST (CM)
48	122
49	124.5
50	127
51	129.5
52	132

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Størrelsesguide for kvinner (alfabetisk)

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
XS	75–80	61–66	83–88	77
S	81–86	67–72	89–94	78
M	87–92	73–78	95–100	79
L	93–99	79–85	101–107	80
XL	100–107	86–92	108–115	81
XXL	108–115	93–100	116–123	82
3XL	116–124	101–108	124–132	83

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Dame – numeriske størrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
34	80–83	69–72	89–92	78
36	84–87	73–76	93–96	79
38	88–91	77–80	97–100	80
40	92–95	81–84	101–104	81
42	96–99	85–88	105–108	82
44	100–103	89–92	109–112	83
46	104–107	93–96	113–116	84
48	108–113	97–101	117–121	85

Omregning av livvidde for kvinner

WAIST (INCH)	WAIST (CM)
24	61
25	63.5
26	66
27	68.5
28	71
29	73.5
30	76
31	78.5
32	81

WAIST (INCH)	WAIST (CM)
33	84
34	86
35	89
36	91.5
37	94
38	96.5
39	99
40	101.5
41	104
42	106.5
43	109

WAIST (INCH)	WAIST (CM)
44	111.5
45	114
46	117
47	119

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Størrelsesguide for unisex

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)
XXS	80–85	68–73	84–89
XS	86–91	74–79	90–95
S	92–97	80–85	96–101
M	98–103	86–91	102–107
L	104–109	92–97	108–113
XL	110–115	98–103	114–119
XXL	116–121	104–109	120–125
3XL	122–127	110–115	126–134

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Størrelsesguide for unisex

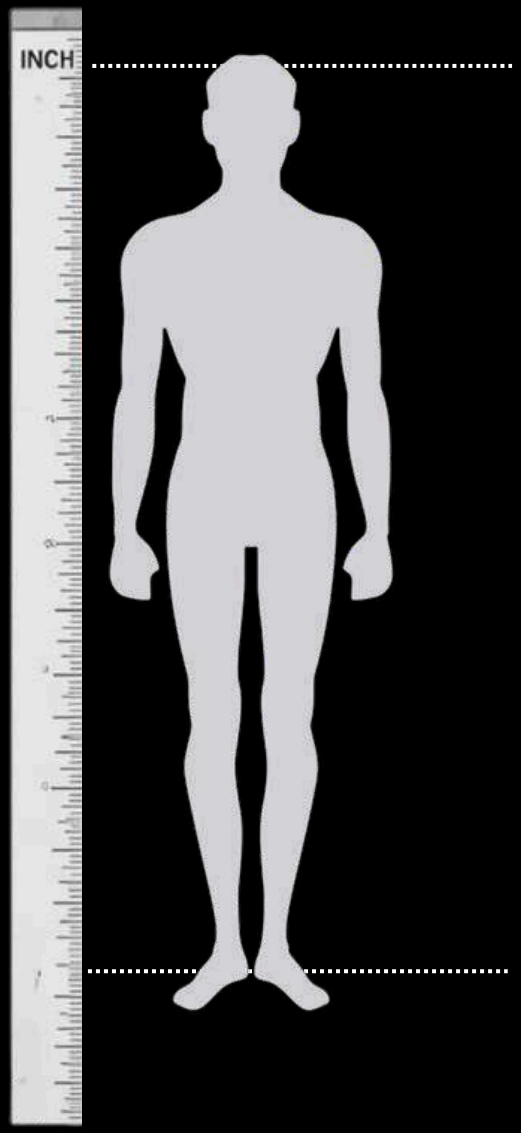
STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)
4XL	128–133	116–121	135–143
5XL	134–139	122–127	144–152
6XL	140–145	128–133	153–161

Omregning av livvidde (unisex)

WAIST (INCH)	WAIST (CM)
27	68.5
28	71
29	73.5
30	76
31	78.5
32	81
33	84
34	86
35	89
36	91.5

WAIST (INCH)	WAIST (CM)
37	94
38	96.5
39	99
40	101.5
41	104
42	106.5
43	109
44	111.5
45	114
46	117

WAIST (INCH)	WAIST (CM)
47	119
48	122
49	124.5
50	127
51	129.5
52	132



SLIK MÅLER DU

01 **Bryst:** Mål rundt den bredeste delen av brystet

02 **Midje:** Mål rundt den naturlige midjen

03 **Hofte:** Mål rundt den bredeste delen av hoftene/ setet

04 **Innerben:** Mål fra toppen av skrittet og ned til gulvet/foten mens du står oppreist

Målebåndet skal ligge naturlig mot kroppen – ikke for stramt og ikke for løst. (Båstadgruppen)

Kilde: Offisiell Matterhorn Size Guide fra Båstadgruppen.
Matterhorn Size Guide

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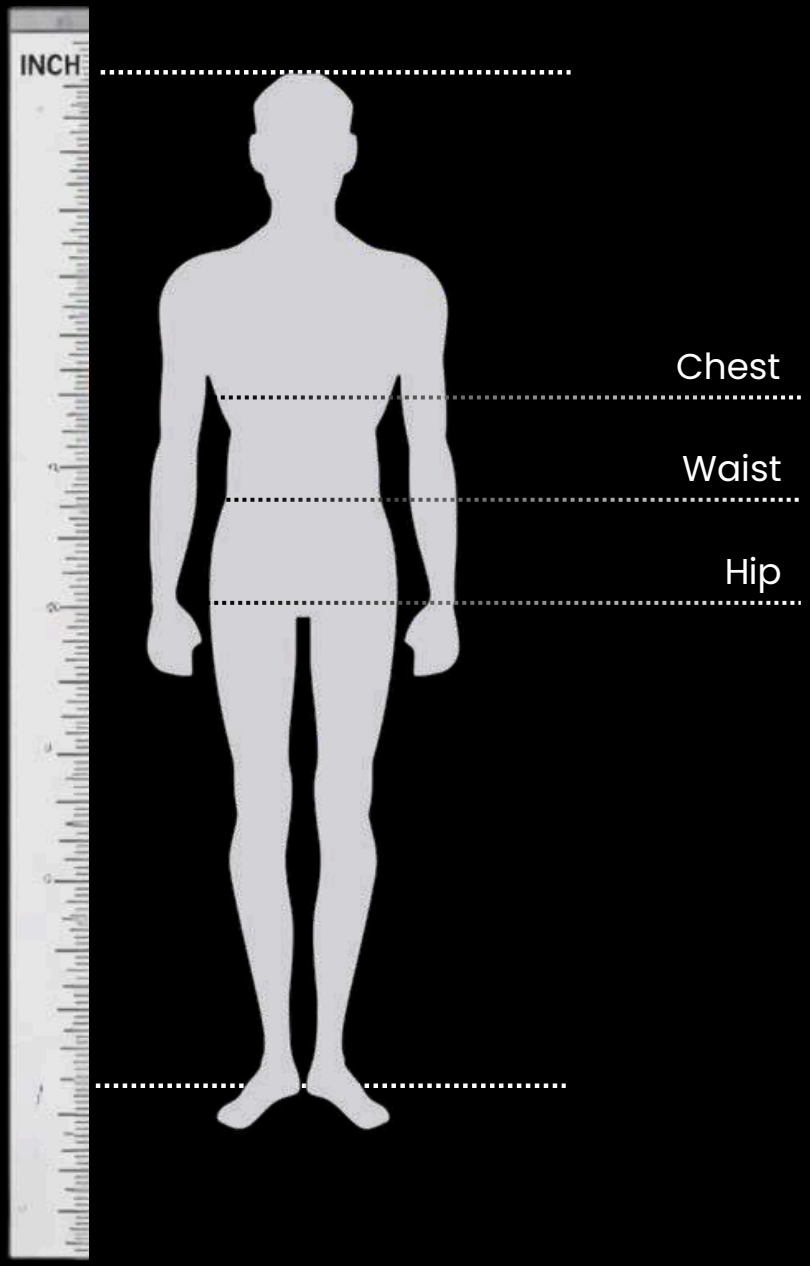
MATTERHORN

SIZE GUIDE

Use your body measurements and compare them with the tables below to find the most suitable Matterhorn size. The official Matterhorn guide provides separate sizing for men, women and unisex garments. (Båstadgruppen)



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MEN'S/ WOMEN'S SIZE GUIDE

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Men's Size Guide

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)
XS	86–91	74–79	90–95
S	92–97	80–85	96–101
M	98–103	86–91	102–107
L	104–109	92–97	108–113
XL	110–115	98–103	114–119
XXL	116–121	104–109	120–125
3XL	122–127	110–115	126–131
4XL	128–133	116–121	132–137
5XL	134–139	122–127	138–143

Men's Waist Conversion

WAIST (INCH)	WAIST (CM)
28	71
29	73.5
30	76
31	78.5
32	81
33	84
34	86
35	89
36	91.5

WAIST (INCH)	WAIST (CM)
37	94
38	96.5
39	99
40	101.5
41	104
42	106.5
43	109
44	111.5
45	114
46	117
47	119

WAIST (INCH)	WAIST (CM)
48	122
49	124.5
50	127
51	129.5
52	132

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Women's Size Guide (alpha)

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
XS	75–80	61–66	83–88	77
S	81–86	67–72	89–94	78
M	87–92	73–78	95–100	79
L	93–99	79–85	101–107	80
XL	100–107	86–92	108–115	81
XXL	108–115	93–100	116–123	82
3XL	116–124	101–108	124–132	83

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Women's Numeric Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
34	80–83	69–72	89–92	78
36	84–87	73–76	93–96	79
38	88–91	77–80	97–100	80
40	92–95	81–84	101–104	81
42	96–99	85–88	105–108	82
44	100–103	89–92	109–112	83
46	104–107	93–96	113–116	84
48	108–113	97–101	117–121	85

Women's Waist Conversion

WAIST (INCH)	WAIST (CM)
24	61
25	63.5
26	66
27	68.5
28	71
29	73.5
30	76
31	78.5
32	81

WAIST (INCH)	WAIST (CM)
33	84
34	86
35	89
36	91.5
37	94
38	96.5
39	99
40	101.5
41	104
42	106.5
43	109

WAIST (INCH)	WAIST (CM)
44	111.5
45	114
46	117
47	119

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Unisex Size Guide

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)
XXS	80–85	68–73	84–89
XS	86–91	74–79	90–95
S	92–97	80–85	96–101
M	98–103	86–91	102–107
L	104–109	92–97	108–113
XL	110–115	98–103	114–119
XXL	116–121	104–109	120–125
3XL	122–127	110–115	126–134

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Unisex Size Guide

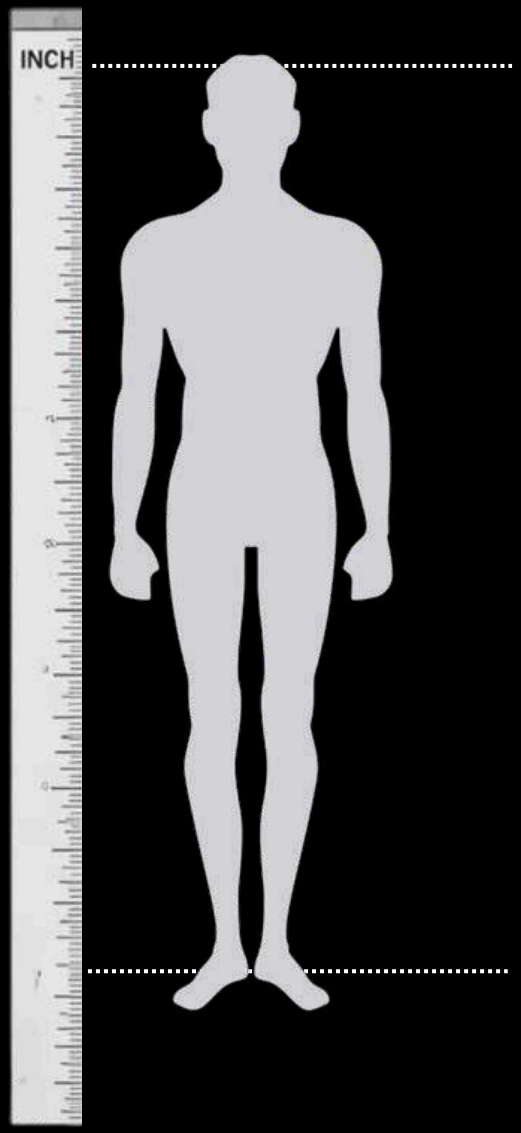
SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)
4XL	128–133	116–121	135–143
5XL	134–139	122–127	144–152
6XL	140–145	128–133	153–161

Unisex Waist Conversion

WAIST (INCH)	WAIST (CM)
27	68.5
28	71
29	73.5
30	76
31	78.5
32	81
33	84
34	86
35	89
36	91.5

WAIST (INCH)	WAIST (CM)
37	94
38	96.5
39	99
40	101.5
41	104
42	106.5
43	109
44	111.5
45	114
46	117

WAIST (INCH)	WAIST (CM)
47	119
48	122
49	124.5
50	127
51	129.5
52	132



HOW TO MEASURE

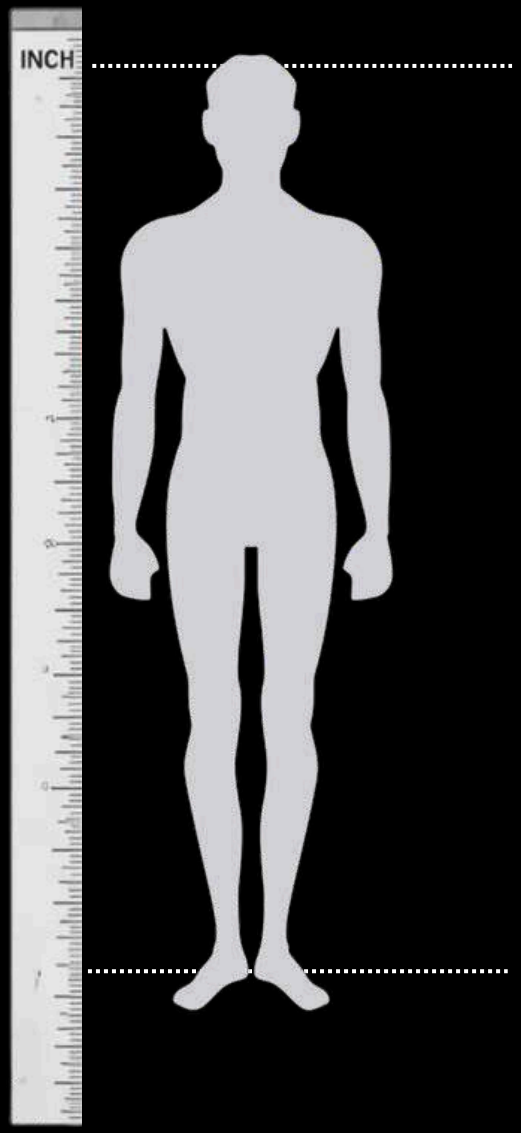
Use your body measurements, rather than measuring an existing garment

01 **Chest:** Measure around the fullest part of your chest, keeping the measuring tape horizontal.

02 **Waist:** Measure around your natural waist

03 **Seat:** Measure around the fullest part of your hips/seat.

04 **Inseam:** For trousers, measure from the top of the crotch down to the floor/foot while standing upright. Båstadgruppen's general measurement guidance specifically recommends keeping the tape neither too tight nor too loose. (Båstadgruppen)



CHOOSING YOUR SIZE

Compare your measurements with the relevant Matterhorn men's, women's or unisex table. If your measurements fall into different sizes, use the measurement that is most relevant to the particular garment—for example, chest for jackets and waist/seat for trousers.