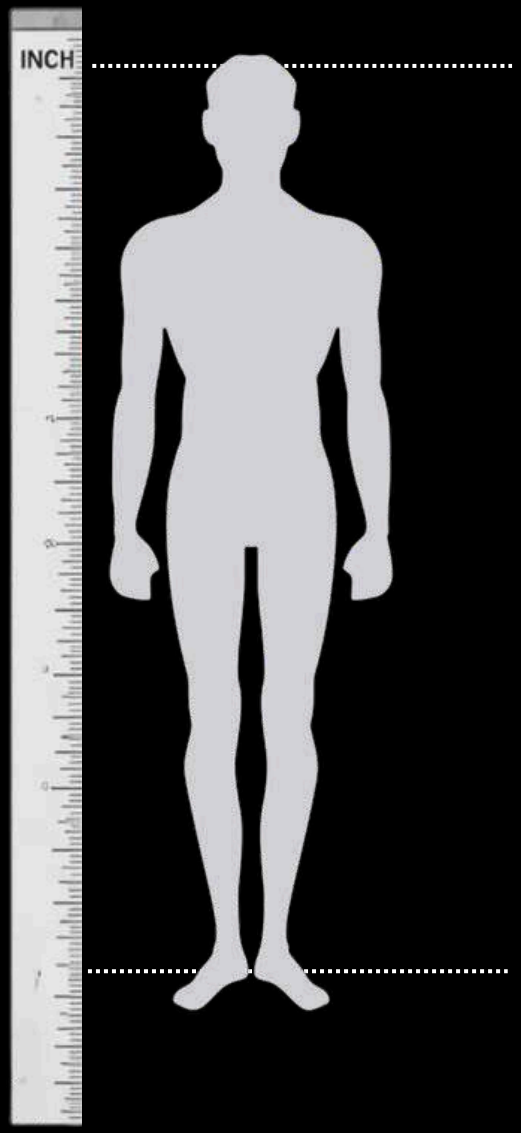
SOUTH WEST

STØRRELSESGUIDE

Start med kroppsmålene dine og sammenlign dem med riktig tabell for å finne riktig South West-størrelse. Den offisielle guiden har separate størrelser for herre, dame og unisex, samt egne lange og korte modeller. (Båstadgruppen)





SLIK MÅLER DU

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

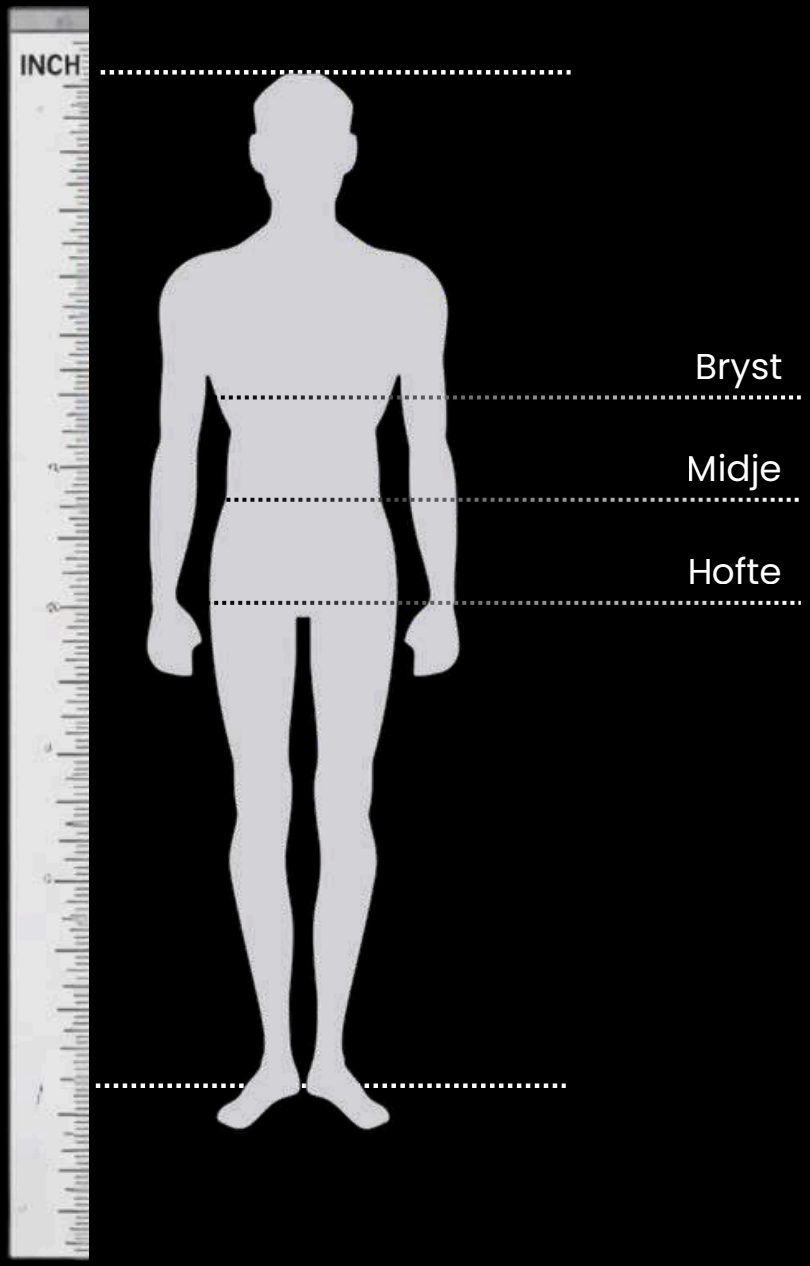
02 **Midje:** Mål rundt midjen

03 **Hofte:** Mål rundt den bredeste delen av hofte/sete

04 **Innerben:** Mål langs innsiden av benet fra skrittet og ned

05 For bukser bør du også se på innerbensmålet når du velger mellom normal, lang og kort modell

zeproc



STØRRELSESGUIDE FOR HERRER/DAMER

zeproc

Herre – normale størrelser

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
6XL	140–145	128–133	144–149

zeproc

Herre – C-størrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
C42	83–86	70–73	90–93	78
C44	87–90	74–77	94–97	79
C46	91–94	78–81	98–101	80
C48	95–98	82–85	102–105	81
C50	99–102	86–89	106–109	82
C52	103–106	90–93	110–113	83
C54	107–110	94–98	114–117	84
C56	111–114	99–103	118–121	85

zeproc

Herre – C-størrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
C58	115–118	104–109	122–125	86
C60	119–122	110–115	126–129	87
C62	123–126	116–121	130–133	87

zeproc

Herre – lang modell

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
C146	91–94	78–81	98–101	85
C148	95–98	82–85	102–105	86
C150	99–102	86–89	106–109	87
C152	103–106	90–93	110–113	88
C154	107–110	94–98	114–117	89

zeproc

Herre – kort modell

STØRRELSE	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
D88	78–81	94–97	75
D92	82–85	98–101	76
D96	86–89	102–105	77
D100	90–93	106–109	78
D104	94–97	110–113	79
D108	98–101	114–117	80
D112	102–106	118–121	81
D116	107–111	122–125	82

Herre – kort modell

STØRRELSE	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
D120	112–116	126–129	83
D124	117–121	130–133	83
D128	122–126	134–137	83

South West beskriver disse som henholdsvis Long (normal waist) og Short (slightly larger waist) i den offisielle guiden. (Båstadgruppen)

zeproc

Dame – bokstavstørrelser

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
4XL	125–133	109–116	133–141	84

zeproc

Dame – numeriske størrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
32	76–79	65–68	85–88	77
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

zeproc

Dame – numeriske størrelser

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
48	108–113	97–101	117–121	85
50	114–119	102–107	122–126	85
52	120–125	108–113	127–131	85
54	126–131	114–119	132–136	85

zeproc

Dame – lang modell

STØRRELSE	BRYST (CM)	MIDJE (CM)	HOFTE (CM)	INNERBEN (CM)
36L	84–87	73–76	93–96	84
38L	88–91	77–80	97–100	85
40L	92–95	81–84	101–104	86
42L	96–99	85–88	105–108	87

zeproc

Unisex

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	126–134
4XL	128–133	116–121	135–143
5XL	134–139	122–127	144–152
6XL	140–145	128–133	153–161

Omregningstabell for livvidde – herre / generelt

MIDJE (TOMMER)	MIDJE (CM)	MIDJE (TOMMER)	MIDJE (CM)
28	71	40	101.5
29	73.5	41	104
30	76	42	106.5
31	78.5	43	109
32	81	44	111.5
33	84	45	114
34	86	46	117
35	89	47	119

Omregningstabell for livvidde – herre / generelt

MIDJE (TOMMER)	MIDJE (CM)	MIDJE (TOMMER)	MIDJE (CM)
36	91.5	48	122
37	94	49	124.5
38	96.5	50	127
39	99	51	129.5
		52	132

South West oppgir dette som en offisiell omregning av midjemål fra tommer til centimeter.
(Båstadgruppen)

Omregning av livvidde for kvinner

MIDJE (TOMMER)	MIDJE (CM)	MIDJE (TOMMER)	MIDJE (CM)
24	61	36	91.5
25	63.5	37	94
26	66	38	96.5
27	68.5	39	99
28	71	40	101.5
29	73.5	41	104
30	76	42	106.5
31	78.5	43	109

Omregning av livvidde for kvinner

MIDJE (TOMMER)	MIDJE (CM)	MIDJE (TOMMER)	MIDJE (CM)
32	81	44	111.5
33	84	45	114
34	86	46	117
35	89	47	119

zeproc

Omregning av livvidde (unisex)

MIDJE (TOMMER)	MIDJE (CM)	MIDJE (TOMMER)	MIDJE (CM)
27	68.5	40	101.5
28	71	41	104
29	73.5	42	106.5
30	76	43	109
31	78.5	44	111.5
32	81	45	114
33	84	46	117
34	86	47	119
35	89	48	122

Omregning av livvidde (unisex)

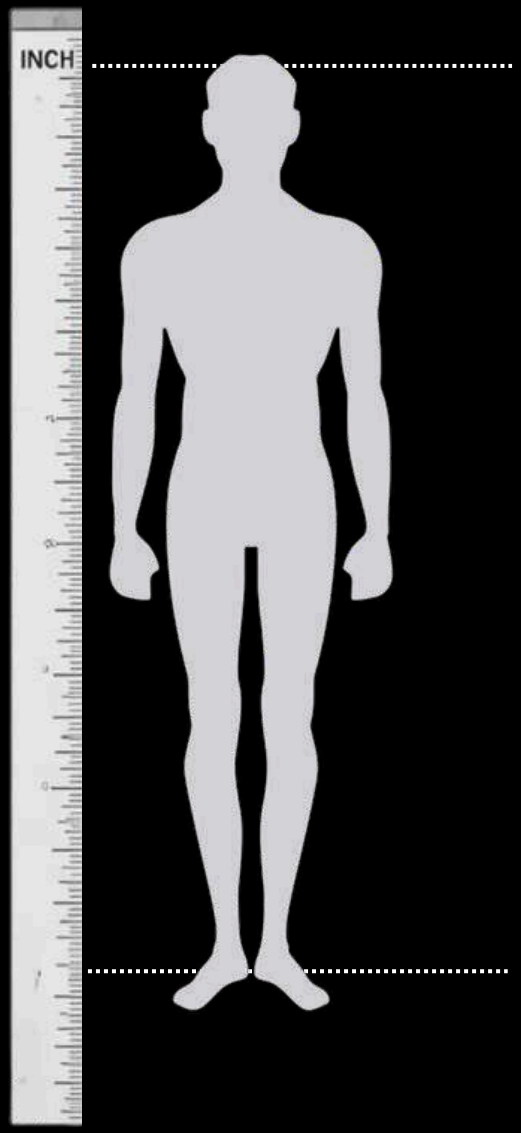
MIDJE (TOMMER)	MIDJE (CM)	MIDJE (TOMMER)	MIDJE (CM)
36	91.5	49	124.5
37	94	50	127
38	96.5	51	129.5
39	99	52	132

SOUTH WEST

SIZE GUIDE

Start with your body measurements and compare them with the relevant table to find your South West size. The official guide provides separate sizing for men, women and unisex garments. (Båstadgruppen)





HOW TO MEASURE

01 **Chest**: Measure around the fullest part of the chest.

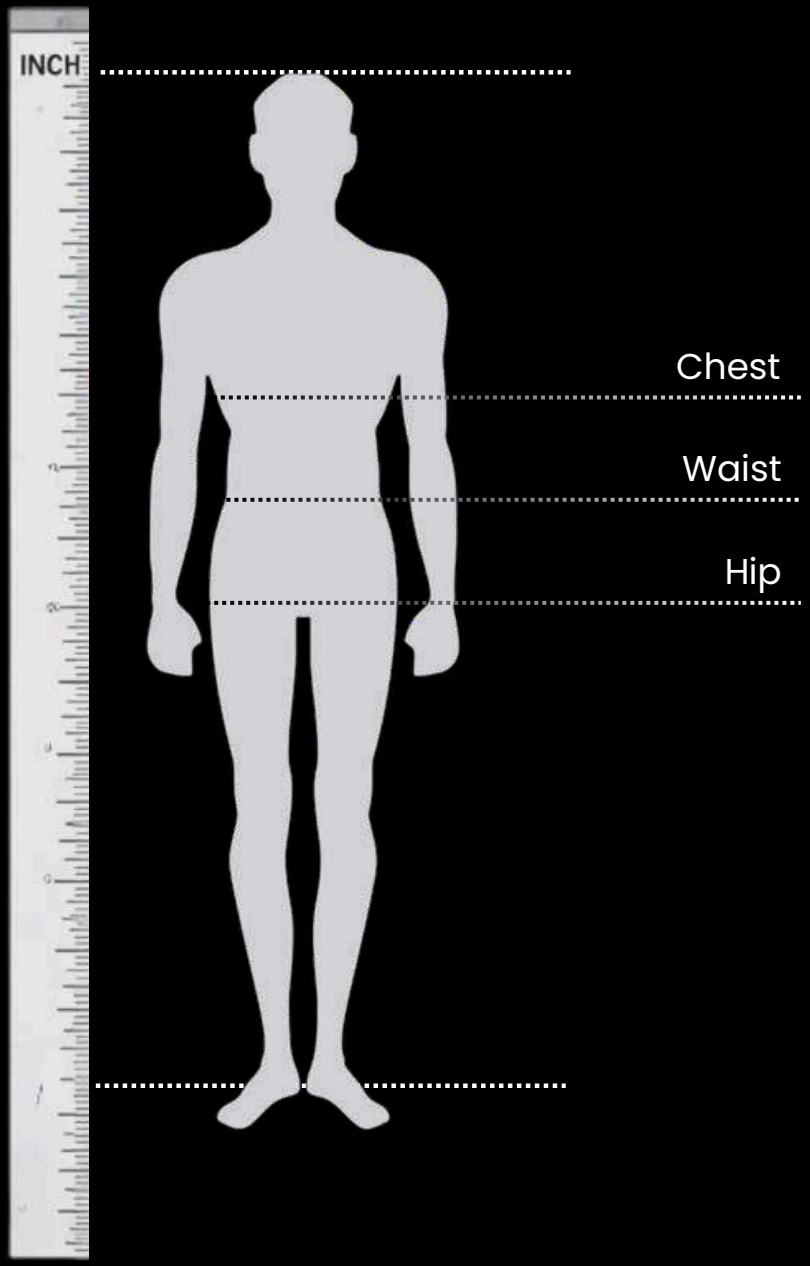
02 **Waist**: Measure around the waist where the garment will sit

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

04 **Inseam**: Measure along the inside of the leg from the crotch down to the bottom of the leg

05 For trousers, pay particular attention to the inseam measurement when choosing between regular, long and short fits

zeproc



MEN'S/ WOMEN'S SIZE GUIDE

zeproc

Men's Regular Sizes

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
6XL	140–145	128–133	144–149

zeproc

Men's C Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
C42	83–86	70–73	90–93	78
C44	87–90	74–77	94–97	79
C46	91–94	78–81	98–101	80
C48	95–98	82–85	102–105	81
C50	99–102	86–89	106–109	82
C52	103–106	90–93	110–113	83
C54	107–110	94–98	114–117	84
C56	111–114	99–103	118–121	85

Men's C Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
C58	115–118	104–109	122–125	86
C60	119–122	110–115	126–129	87
C62	123–126	116–121	130–133	87

zeproc

Men's Long Fit – Normal Waist

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
C146	91–94	78–81	98–101	85
C148	95–98	82–85	102–105	86
C150	99–102	86–89	106–109	87
C152	103–106	90–93	110–113	88
C154	107–110	94–98	114–117	89

zeproc

Men's Short Fit – Slightly Larger Waist

SIZE	WAIST (CM)	SEAT (CM)	INSEAM (CM)
D88	78–81	94–97	75
D92	82–85	98–101	76
D96	86–89	102–105	77
D100	90–93	106–109	78
D104	94–97	110–113	79
D108	98–101	114–117	80
D112	102–106	118–121	81
D116	107–111	122–125	82

Men's Short Fit – Slightly Larger Waist

SIZE	WAIST (CM)	SEAT (CM)	INSEAM (CM)
D120	112–116	126–129	83
D124	117–121	130–133	83
D128	122–126	134–137	83

The official South West guide labels these as Long (normal waist) and Short (slightly larger waist) fits. (Båstadgruppen)

zeproc

Women's Alpha Sizes

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
4XL	125–133	109–116	133–141	84

zeproc

Women's Numeric Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
32	76–79	65–68	85–88	77
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

zeproc

Women's Numeric Sizes

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
48	108–113	97–101	117–121	85
50	114–119	102–107	122–126	85
52	120–125	108–113	127–131	85
54	126–131	114–119	132–136	85

zeproc

Women's Long Fit – Normal Waist

SIZE	CHEST (CM)	WAIST (CM)	SEAT (CM)	INSEAM (CM)
36L	84–87	73–76	93–96	84
38L	88–91	77–80	97–100	85
40L	92–95	81–84	101–104	86
42L	96–99	85–88	105–108	87

The official guide provides these long-fit women's sizes only for 36L–42L. (Båstadgruppen)

zeproc

Unisex 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	126–134
4XL	128–133	116–121	135–143
5XL	134–139	122–127	144–152
6XL	140–145	128–133	153–161

zeproc

Men's / General Waist Conversion

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
28	71	40	101.5
29	73.5	41	104
30	76	42	106.5
31	78.5	43	109
32	81	44	111.5
33	84	45	114
34	86	46	117
35	89	47	119

Men's / General Waist Conversion

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
36	91.5	48	122
37	94	49	124.5
38	96.5	50	127
39	99	51	129.5
		52	132

South West provides this as an official waist-width conversion from inches to centimetres. (Båstadgruppen)

Women's Waist Conversion

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
24	61	36	91.5
25	63.5	37	94
26	66	38	96.5
27	68.5	39	99
28	71	40	101.5
29	73.5	41	104
30	76	42	106.5
31	78.5	43	109

zeproc

Women's Waist Conversion

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
32	81	44	111.5
33	84	45	114
34	86	46	117
35	89	47	119

zeproc

Unisex Waist Conversion

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
27	68.5	40	101.5
28	71	41	104
29	73.5	42	106.5
30	76	43	109
31	78.5	44	111.5
32	81	45	114
33	84	46	117
34	86	47	119
35	89	48	122

zeproc

Unisex Waist Conversion

WAIST (INCH)	WAIST (CM)	WAIST (INCH)	WAIST (CM)
36	91.5	49	124.5
37	94	50	127
38	96.5	51	129.5
39	99	52	132