

## SIZE CONVERSION MEN

### MEN C-MODEL

Waist inch (garment size)	Waistband cm* (body measurement)	Inseam cm*	Inseam inch*	Helly Hansen Workwear size
W28-W29	80	79*	L31*	C44
W29-W30	84	80*	L31*	C46
W31-W32	88	81*	L32*	C48
W32-W33	92	82*	L32*	C50
W33-W34	96	83*	L32*	C52
W36	100	84*	L33*	C54
W36-W38	104	85*	L33*	C56
W38-W40	108	86*	L34*	C58
W42	112	87*	L34*	C60
W42-W44	116	87*	L34*	C62
W44	120	88*	L34*	C64
W46	124	88*	L34*	C66
W46-W48	128	88*	L34*	C68
W48-W50	132	88*	L34*	C70
W50-W52	136	88*	L34*	C72
W52-W54	140	88*	L34*	C74

### MEN D-MODEL

Waist inch (garment size)	Waistband cm* (body measurement)	Inseam cm*	Inseam inch*	Helly Hansen Workwear size
W28-W29	82	73*	L29*	D84
W29-W30	86	74*	L29*	D88
W31-W32	90	74*	L29*	D92
W32-W33	94	76*	L30*	D96
W33-W34	98	77*	L30*	D100
W36	102	78*	L31*	D104
W36-W38	106	79*	L31*	D108
W38-W40	110	80*	L31*	D112
W42	114	81*	L32*	D116
W42-W44	118	82*	L32*	D120
W44	122	83*	L32*	D124
W46	126	84*	L33*	D128
W46-W48	132	84*	L33*	D136

\* Most of Helly Hansen Workwear C-sized and D-sized pants can be extended by unpicking a seam at bottom hem

† Measure where you place your pants.

## SIZE CONVERSION WOMEN

Waist inch (garment size)**	Waist cm** (body measurement)	Inseam cm*	Inseam inch*	Helly Hansen Workwear size
W25-W26	65	74*	L29*	C34
W26-W27	68	76*	L30*	C36
W28-W29	72	78*	L30*	C38
W29-W30	76	80*	L31*	C40
W31-W32	80	81*	L32*	C42
W32-W33	81	82*	L32*	C44
W33-W34	88	83*	L32*	C46
W36	93	83*	L32*	C48
W38	98	84*	L33*	C50
W40	103	84*	L33*	C52

# FIND YOUR SIZE

## MEN / FIND YOUR SIZE C- OR D-MODEL

Waistband width Inseam length	80	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118	120	122	124	126	128	132	136	140		
72																													
73																													
74			D88																										
75					D92																								
76						D96																							
77									D100																				
78										D104																			
79	C44		D88*								D108																		
80		C46			D92*							D112																	
81				C48		D96*							D116																
82					C50			D100*						D120															
83						C52			D104*						D124														
84	C44*						C54			D108*						D128													
85		C46*								C56			D112*																
86			C48*							C58				D116*															
87					C50*						C60			C62	D120*														
88						C52*										C64	D124*	C66						C68	C70	C72	C74		
89								C54*																D128*					
90										C56*																			
91											C58*																		
92													C60*				C62*												
93																					C64*		C66*			C68*	C70*	C72*	C74*
94																													
95																													

## WOMEN / FIND YOUR SIZE C-MODEL

Waistband width Inseam length	65	68	72	76	80	84	88	93	98	103	108	113	118	123	128	133	138	143
72																		
73																		
74	C34																	
75		C36																
76			C38															
77				C40														
78					C42													
79	C34*					C44												
80							C46	C48										
81		C36*							C50	C52								
82											C54	C56	C58	C60	C62	C64	C66	C68
83			C38*															
84				C40*														
85					C42*													
86						C44*												
87							C46*	C48*										
88									C50*	C52*								
89											C54*	C56*	C58*	C60*	C62*	C64*	C66*	C68*
90																		
91																		
92																		



# WORKWEAR / EU SIZE CHARTS

## MEN / EU REGULAR + TALL (CM)

Sizes (cm)	XS	S		M	L			XL
	C44	C46	C48	C50	C52	C54	C56	C58
Body height	170	174	180	180	184	184	188	188
Chest	88	92	96	100	104	108	112	116
Waist (at belly-button height)	76	80	84	88	92	96	100	104
Waistband (where your pants' waistband is placed)	80	84	88	92	96	100	104	108
Hip	88	92	96	100	104	108	112	116
Inseam	79	80	81	82	83	84	85	86
Inseam tall*	84	85	86	87	88	89	90	91

## MEN / EU REGULAR + TALL (INCH)

Sizes (cm)	XS	S		M	L			XL
	C44	C46	C48	C50	C52	C54	C56	C58
Body height	5'7"	5'8"	5'11"	5'11"	6'	6'	6'2"	6'2"
Chest	34 1/2	36	37 1/2	39	41	42 1/2	44	45 1/2
Waist (at belly-button height)	30	31 1/2	33	34 1/2	36	37 1/2	39	41
Waistband (where your pants' waistband is placed)	31 1/2	33	34 1/2	36	37 1/2	39	41	42 1/2
Hip	34 1/2	36	37 1/2	39	41	42 1/2	46 1/2	45 1/2
Inseam	31	31 1/2	32	32	32 1/2	33	33 1/2	34
Inseam tall*	33	33 1/2	34	34	34 1/2	35	35	36

## MEN / EU SHORT AND WIDE PANTS (CM)

Sizes (cm)	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128
Body height	156	160	164	170	170	174	174	178	178	182	182	184
Waistband (where your pants' waistband is)	82	86	90	94	98	102	106	110	114	118	122	126
Hip	92	96,0	100	98	102	106	110	114	118	122	126	130
Inseam short and wide	73	74,0	75	76	77	78	79	80	81	82	83	84
Inseam wide*	78	79,0	80	81	82	83	84	85	86	87	88	89

## MEN / EU SHORT AND WIDE PANTS (INCH)

Sizes (cm)	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128
Body height	5'1"	5'3"	5'4"	5'7"	5'7"	5'8"	5'8"	5'10"	5'10"	5'11"	5'11"	6'
Waistband (where your pants' waistband is)	32	34	35	37	38 1/2	40	41 1/2	43	45	46 1/2	48	49 1/2
Hip	36	37 1/2	39	38 1/2	40	41 1/2	43	45	46 1/2	48	49 1/2	51
Inseam short and wide	28 1/2	29	29 1/2	30	30	30 1/2	31	31 1/2	32	32	32 1/2	33
Inseam wide*	30 1/2	31	31 1/2	32	32	32 1/2	33	33 1/2	34	34	34 1/2	35

\*Most of Helly Hansen Workwear C-sized and D-sized pants can be extended by unpicking a seam at bottom hem

## MEN / EU TALL + EXTRA TALL (CM)

Sizes (cm)	C144	C146	C148	C150	C152	C154	C156	C158	C160	C162	C164	C166	C168	C170	C172	C174	C176	C178
Body height	180	184	190	190	194	194	198	198	202	202	204	204	204	204	204	204	204	204
Waist <sup>‡</sup>	76	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144
Waistband <sup>§</sup>	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148
Hip	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148	152	156
Inseam tall*	84	85	86	87	88	89	90	91	92	92	93	93	93	93	93	93	93	93
Inseam extra tall*	88	90	91	92	93	94	95	96	97	97	98	98	98	98	98	98	98	98

## MEN / EU TALL + EXTRA TALL (INCH)

Sizes (cm)	C144	C146	C148	C150	C152	C154	C156	C158	C160	C162	C164	C166	C168	C170	C172	C174	C176	C178
Body height	5'11"	6'	6'2"	6'2"	6'4"	6'4"	6'5"	6'5"	6'6"	6'6"	6'4"	6'7"	6'7"	6'7"	6'7"	6'7"	6'7"	6'7"
Waist <sup>‡</sup>	30	31 1/2	33	34 1/2	36	37 1/2	39	41	43 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2
Waistband <sup>§</sup>	31 1/2	33	34 1/2	36	37 1/2	39	41	42 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58
Hip	34 1/2	36	37 1/2	39	41	42 1/2	46 1/2	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58	59 1/2	61
Inseam tall*	33	33 1/2	34	34	34 1/2	35	35	36	36	36	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2
Inseam extra tall*	34,5	35	36	36	36 1/2	37	37 1/2	37 1/2	38	38	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2

<sup>‡</sup> Waist (at belly-button height)

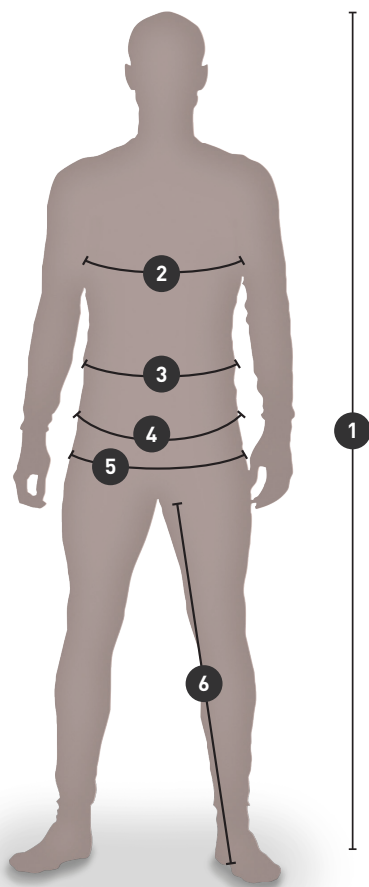
<sup>§</sup> Waistband (where your pants' waistband is placed)

\* Most of Helly Hansen Workwear C-sized and D-sized pants can be extended by unpicking a seam at bottom hem

2XL		3XL		4XL		5XL		6XL	
C60	C62	C64	C66	C68	C70	C72	C74	C76	C78
192	192	194	194	194	194	194	194	194	194
120	124	128	132	136	140	144	148	152	156
108	112	116	120	124	128	132	136	140	144
112	116	120	124	128	132	136	140	144	148
120	124	128	132	136	140	144	148	152	156
87	87	88	88	88	88	88	88	88	88
92	92	93	93	93	93	93	93	93	93

2XL		3XL		4XL		5XL		6XL	
C60	C62	C64	C66	C68	C70	C72	C74	C76	C78
6'3"	6'3"	6'4"	6'4"	6'4"	6'4"	6'4"	6'4"	6'4"	6'4"
47	48 1/2	50	52	53 1/2	55	56 1/2	58	59 1/2	61
43 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2
44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58
47	48 1/2	50	52	53 1/2	55	56 1/2	58	59 1/2	61
34	34	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2
36	36	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2

## HOW TO MEASURE



**1: BODY HEIGHT**

**2: CHEST**

**3: WAIST (AT BELLY-BUTTON HEIGHT)**

**4: WAISTBAND (WHERE YOUR PANTS' WAISTBAND IS PLACED)**

**5: HIP**

**6: INSEAM**



# WORKWEAR / EU SIZE CHARTS

## WOMEN / EU REGULAR + TALL (CM)

Sizes	XS	S	M		L		XL		2XL		3XL		4XL		5XL		6XL		
	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	C66	C68	
Body height	156	160	164	168	170	172	174	174	176	176	178	178	178	178	178	178	178	178	178
Chest	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148	
Waist <sup>†</sup>	65	68	72	76	80	84	88	93	98	103	108	113	118	123	128	133	138	143	
Hip	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148	152	156	
Inseam	74	76	78	80	81	82	83	83	84	84	85	85	85	85	85	85	85	85	
Inseam tall*	79	81	83	85	86	87	88	88	89	89	90	90	90	90	90	90	90	90	

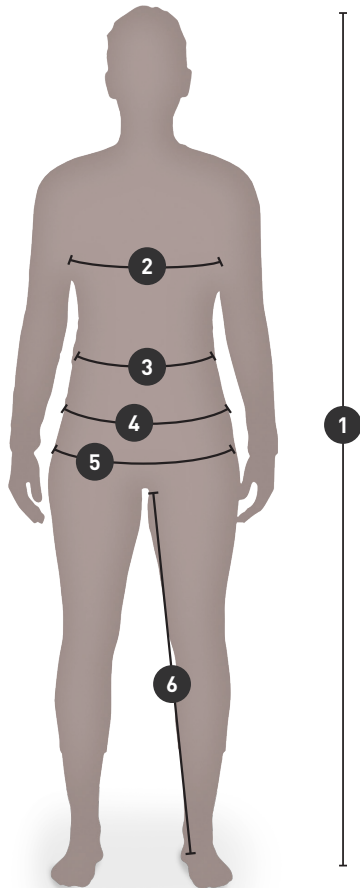
## WOMEN / EU REGULAR + TALL (INCH)

Sizes	XS	S	M		L		XL		2XL		3XL		4XL		5XL		6XL	
	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	C66	C68
Body height	5'1"	5'3"	5'5"	5'6"	5'7"	5'8"	5'9"	5'9"	5'9"	5'9"	5'10"	5'10"	5'10"	5'10"	5'10"	5'10"	5'10"	5'10"
Chest	31 1/2	33	34 2/3	36 2/9	37 4/5	39 3/8	41	42 1/2	44	45 2/3	47 1/4	48 4/5	50 2/5	52	53 1/2	55 1/9	59 1/2	58 1/4
Waist <sup>†</sup>	25 3/5	26 7/9	28 1/3	30	31 1/2	33	34 2/3	36 3/5	38 4/7	40 5/9	42 1/2	44 1/2	46 1/2	48 3/7	50 2/5	52 1/3	54 1/3	56 2/7
Hip	34 2/3	36 2/9	37 4/5	39 3/8	41	42 1/2	44	45 2/3	47 1/4	48 5/6	50 2/5	52	53 1/2	55 1/8	56 2/3	58 1/4	59 5/6	61 3/7
Inseam	29 1/8	30	30 5/7	31 1/2	31 8/9	32 2/7	32 2/3	32 2/3	33	33	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2
Inseam tall*	31 1/9	31 8/9	32 2/3	33 1/2	33 6/7	34 1/4	34 2/3	34 2/3	35	35	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7

<sup>†</sup>Waist (at belly-button height)

\*Most of Helly Hansen Workwear C-sized and D-sized pants can be extended by unpicking a seam at bottom hem

## HOW TO MEASURE



**1: BODY HEIGHT**

**2: CHEST**

**3: WAIST (AT BELLY-BUTTON HEIGHT)**

**4: WAISTBAND (WHERE YOUR PANTS' WAISTBAND IS PLACED)**

**5: HIP**

**6: INSEAM**

# FOOTWEAR / SIZE CHARTS

## MEN / FOOTWEAR

EU	UK	US	CM	MONDOPOINT
35	2	3.5	21.5	215
36	3	4	22	220
37	4	5	23	230
38	5	6	23.5	235
39	6	7	24.5	245
40	6.5	7.5	25	250
41	7	8	26	260
42	8	9	26.5	265
43	9	10	27.5	275
44	10	11	28	280
45	10.5	11.5	29	290
46	11	12	29.5	295
47	12	13	30.5	305
48	13	14	31	310

## WOMEN / FOOTWEAR

EU	UK	US	CM	MONDOPOINT
34	1	3.5	20.5	205
35	2	5	21.5	215
36	3	5.5	22	220
37	4	6.5	23	230
38	5	7.5	23.5	235
39	6	8.5	24.5	245
40	6.5	9	25	250
41	7	9.5	26	260
42	8	10	26.5	265

