

HELLY HANSEN WORKWEAR

SIZE GUIDE



ALIVE
SINCE / 1877

 TRUSTED BY
PROFESSIONALS

STORLEKSGUIDE

EU REGULAR & TALL / MENSWEAR

BODY MEASUREMENTS

Sizes	XS		S		M		L		XL		2XL		3XL		4XL		5XL		6XL																	
	C44		C46		C48		C50		C52		C54		C56		C58		C60		C62		C64		C66		C68		C70		C72		C74		C76		C78	
	W30"		W31"		W33"		W34"		W36"		W37"		W39"		W41"		W43"		W44"		W45"		W47"		W48"		W50"		W52"		W53"		W55"		W56"	
	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet		
Body Height	170	5'7"	174	5'8"	180	5'11"	180	5'11"	184	6'	184	6'	188	6'2"	188	6'2"	192	6'3"	192	6'3"	194	6'4"	194	6'4"	194	6'4"	194	6'4"	194	6'4"	194	6'4"	194	6'4"	194	6'4"

	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch		
Chest	88	34.5	92	36	96	37.5	100	39	104	41	108	42.5	112	44	116	45.5	120	47	124	48.5	128	50	132	52	136	53.5	140	55	144	56.5	148	58	152	59.5	156	61		
Waist	74	30	80	31.5	84	33	88	34.5	92	36	96	37.5	100	39	104	41	108	42.5	112	44	116	45.5	120	47	124	48.5	128	50	132	52	136	53.5	140	55	144	56.5		
Waistband	80	31.5	84	33	88	34.5	92	36	96	37.5	100	39	104	41	108	42.5	112	44	116	45.5	120	47	124	48.5	128	50	132	52	136	53.5	140	55	144	56.5	148	58		
Hip	94	37	98	38.5	102	40	106	41.5	110	43	114	45	118	46.5	122	48	126	49.5	130	51	134	52.5	138	54	142	56	146	57.5	150	59	154	60.5	158	62	162	63.5		
Inseam	79	31	80	31.5	81	32	82	32	83	32.5	84	33	85	33.5	86	34	87	34	88	34.5	88	34.5	88	34.5	88	34.5	88	34.5	88	34.5	88	34.5	88	34.5	88	34.5	88	34.5
Inseam tall*	84	33	85	33.5	86	34	87	34	88	34.5	89	35	90	35	91	36	92	36	92	36	93	36.5	93	36.5	93	36.5	93	36.5	93	36.5	93	36.5	93	36.5	93	36.5	93	36.5

*Most of Helly Hansen's C-sized & D-sized pants can be extended 5cm by cutting open a contrast stitch at bottom hem.

EU SHORT & WIDE PANTS / MENSWEAR

BODY MEASUREMENTS

Sizes	D84		D88		D92		D96		D100		D104		D108		D112		D116		D120		D124		D128	
	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet	cm	feet
Body Height	156	5'1"	160	5'3"	164	5'4"	170	5'7"	170	5'7"	174	5'8"	174	5'8"	178	5'10"	178	5'10"	182	5'11"	182	5'11"	184	6'

	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch
Waist	78	30 5/7	82	32 2/7	86	33 6/7	90	35 3/7	94	37	98	38 4/7	102	40 1/6	106	41 3/4	110	43 1/3	114	44 7/8	118	46 1/2	122	48
Waistbandband	82	32	86	34	90	35	94	37	98	38.5	102	40	106	41.5	110	43	114	45	118	46.5	122	48	126	49.5
Hip	92	36	96	37.5	100	39	104	41	108	42.5	112	44	116	45.5	120	47	124	48.5	128	50	132	52	136	53.5
Inseam	73	28.5	74	29	75	29.5	76	30	77	30	78	30.5	79	31	80	31.5	81	32	82	32	83	32.5	84	33
Inseam wide*	78	30.5	79	31	80	31.5	81	32	82	32	83	32.5	84	33	85	33.5	86	34	87	34	88	34.5	89	35

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FIND YOUR PANT SIZE / MENSWEAR

Waistband width	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		
Inseam length																													
72																													
73																													
74				D88																									
75					D92																								
76							D94																						
77										D100																			
78												D104																	
79			C44		D88*									D108															
80				C46		D92*									D112														
81							D94*									D116													
82								C50			D100*									D120									
83									C52			D104*										D124							
84			C44*							C54				D108*									D128						
85				C46*								C56			D112*														
86													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*														
93																						C64*							
94																							C66*						
95																								C68*	C70*	C72*	C74*		

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EU REGULAR & TALL / WOMENSWEAR

BODY MEASUREMENTS

Sizes	XS		S		M				L				XL				2XL				3XL				4XL				5XL				6XL			
	CM	Feet	CM	Feet	CM	Feet	CM	Feet	CM	Feet	CM	Feet	CM	Feet																						
Body Height	156	5'1"	160	5'3"	164	5'5"	168	5'6"	170	5'7"	172	5'8"	174	5'9"	174	5'9"	176	5'9"	176	5'9"	178	5'10"	178	5'10"	178	5'10"	178	5'10"	178	5'10"	178	5'10"	178	5'10"		

	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch	CM	Inch		
Chest	80	31.5	84	33	88	34 2/3	92	36 2/9	96	37 4/5	100	39 3/8	104	41	108	42 1/2	112	44	116	45 2/3	120	47 1/4	124	48 4/5	128	50 2/5	132	52	136	53 1/3	140	55 1/9	144	57 1/2	148	58 1/4
Waist	65	25 3/5	68	26 7/9	72	28 1/3	76	30	80	31 1/2	84	33	88	34 2/3	93	36 3/5	98	38 4/7	103	40 5/9	108	42 1/2	113	44 1/2	118	46 1/2	123	48 3/7	128	50 2/5	133	52 1/3	138	54 1/3	143	56 2/7
Hip	88	34 2/3	92	36 2/9	96	37 4/5	100	39 3/8	104	41	108	42 1/2	112	44	116	45 2/3	120	47 1/4	124	48 5/6	128	50 2/5	132	52	136	53 1/2	140	55 1/8	144	56 2/3	148	58 1/4	152	59 5/6	156	61 3/7
Inseam	74	29 1/8	76	30	78	30 5/7	80	31 1/2	81	31 8/9	82	32 2/7	83	32 2/3	83	32 2/3	84	33	84	33	85	33 1/2	85	33 1/2	85	33 1/2	85	33 1/2	85	33 1/2	85	33 1/2	85	33 1/2	85	33 1/2
Inseam tall*	79	31 1/9	81	31 8/9	83	32 2/3	85	33 1/2	86	33 6/7	87	34 1/4	88	34 2/3	88	34 2/3	89	35	90	35 3/7	90	35 3/7	90	35 3/7	90	35 3/7	90	35 3/7	90	35 3/7	90	35 3/7	90	35 3/7	90	35 3/7

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FIND YOUR PANT SIZE / WOMENSWEAR

Waistband width	65	68	72	76	80	84	88	93	98	103	108	113	118	123	128	133	138	143
Inseam length																		
72																		
73																		
74	C34																	
75		C36																
76			C38															
77				C40														
78					C42													
79	C34*																	
80																		
81		C36*																
82																		
83																		
84																		
85																		
86																		
87																		
88																		
89																		
90																		
91																		
92																		

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- 1: BODY HEIGHT
- 2: CHEST
- 3: WAIST (AT BELLY-BUTTON HEIGHT)
- 4: WAISTBAND (WHERE YOUR PANTS' WAISTBAND IS PLACED)
- 5: HIP
- 6: INSEAM