



To choose the best Original Penguin size for you, measure your body using this guide.

- 1** CHEST
 Place a tape measure under your arm pits around the largest part of your chest. The tape measure should be flat to your body, but not pulled tight.
- 2** WAIST
 Place a tape measure around your waist at the narrowest part of your body, this is usually in line with your belly button. The tape measure should be flat to your body, but not pulled tight. This is your true waist measurement.
- 3** INSEAM
 Place a tape measure from the top of the crotch to the floor along your inside leg. This is a body measurement, and garment lengths may vary according to style.
- 4** LENGTH
 Measure the garment from the centre of the neck at collar seam to the hem edge for garment length.
- 5** SLEEVE
 Measure the garment from the shoulder seam to the edge of the cuff for garment sleeve length.

Size	EU	Waist (Body)	Inseam (Garment)		
			30(S)	32(R)	34(L)
28	44	71cm	76cm	81cm	86cm
29	45	73cm	76cm	81cm	86cm
30	46	76cm	76cm	81cm	86cm
31	47	79cm	76cm	81cm	86cm
32	48	81cm	76cm	81cm	86cm
33	49	84cm	76cm	81cm	86cm
34	50	86cm	76cm	81cm	86cm
36	52	91cm	76cm	81cm	86cm
38	54	96cm	76cm	81cm	86cm
40	56	101cm	76cm	81cm	86cm