

SIZE	WAISTBAND**	INSEAM	BODY HEIGHT
C42	78	78	166
C44	81	79	170
C46	84	80	174
C48	88	81	180
C50	92	82	180
C52	96	83	184
C54	100	84	184
C56	104	85	188
C58	108	86	188
C60	112	87	192
C62	116	87	192
C64	120	88	194
C66	124	88	194
C68	128	88	194
C70	132	88	194
C72	136	88	194
C74	140	88	194
C76	144	88	194
C78	148	88	194

SIZE	WAISTBAND**	INSEAM	BODY HEIGHT
C142	78	83	176
C144	81	84	180
C146	84	85	184
C148	88	86	190
C150	92	87	190
C152	96	88	194
C154	100	89	194
C156	104	90	198
C158	108	91	198
C160	112	92	202
C162	116	92	202
C164	120	93	204
C166	124	93	204
C168	128	93	204
C170	132	93	204
C172	136	93	204
C174	140	93	204
C176	144	93	204
C178	148	93	204

SIZE	WAISTBAND**	INSEAM	BODY HEIGHT
D84	83	73	156
D88	86	74	160
D92	90	75	164
D96	94	76	170
D100	98	77	170
D104	102	78	174
D108	106	79	174
D112	110	80	178
D116	114	81	178
D120	118	82	182
D124	122	83	182
D128	126	84	184

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

**Measure where you place your pants.

SIZE	CHEST	WAIST	HIP	INSEAM	CB SLEEVE*	BODYLENGTH
XS	88	76	88	79	82	170
S	92	80	92	80	84	174
M	100	88	100	82	87	180
L	108	96	108	84	90	184
XL	116	104	116	86	93	188
2XL	124	112	124	88	96	192
3XL	132	120	132	89	98	194
4XL	140	128	140	89	98,5	194
5XL	148	136	148	89	99	194

***Centre Back Sleeve:** Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.

CHEST

Measure around the fullest part, across chest points, keeping the tape horizontal.

WAIST

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

HIP

Measure around the fullest part of your hips keeping the tape horizontal.

CENTER BACK SLEEVE

Measure straight from center back neck to shoulderpoint, and from shoulderpoint to wrist with the arm in a relaxed position.

INSEAM

Measure from top of inside thigh to bottom of ankle, while standing with straight legs.

