

SIZE	WAIST**	HIP	INSEAM	BODY HEIGHT
C34	65	88	74	156
C36	68	92	76	160
C38	72	96	78	164
C40	76	100	80	168
C42	80	104	81	170
C44	84	108	82	172
C46	88	112	83	174
C48	93	116	83	174
C50	98	120	84	176
C52	103	124	84	176
C54	108	128	85	178
C56	113	132	85	178
C58	118	136	85	178
C60	123	140	85	178
C62	128	144	85	178
C64	133	148	85	178
C66	138	152	85	178
C68	143	156	85	178

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

**Measure at belly-button height.

SIZE	CHEST	WAIST	HIP	INSEAM	CB SLEEVE*	BODYLENGTH
XS	80	65	88	74	75	156
S	84	68	92	76	77	160
M	92	76	100	80	81	168
L	100	84	108	82	83	172
XL	108	93	116	83	84	174
2XL	116	103	124	84	85	176
3XL	124	113	132	84	86	178

*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.

