

## SEELAND MENS CLOTHING SIZE GUIDE

REGULAR SIZE IN INCHES	Jackets	UK34	UK36	UK38	UK40	UK42	UK44	UK46	UK48	UK50	UK52
	Trousers	UK28	UK30	UK32	UK34	UK36	UK38	UK40	UK42	UK44	UK46
	Regular	XS	S	S	M	L	XL	XXL	XXL	3XL	4XL
CHEST		35	37	39	40	42	43	45	46	48	50
WAIST		31	32	34	35	37	39	41	43	46	48
ARM		24	24	25	25	26	26	26	27	27	28
LEG		31	31	31	32	32	33	33	33	34	34
SEELAND SIZE LABEL		S44	S46	S48	S50	S52	S54	S56	S58	S60	S62

## SEELAND LADIES CLOTHING SIZE GUIDE

REGULAR SIZE IN INCHES	UK	UK6	UK8	UK10	UK12	UK14	UK16	UK18	UK20
	Regular	XS	S	M	L	L	XL	XXL	XXL
CHEST		33	34	36	38	39	41	42	44
WAIST		25	27	28	30	31	33	35	36
HIP		36	38	39	41	42	44	46	47
ARM		23	23	23	24	24	25	25	26
LEG		30	30	30	31	31	31	32	32
SEELAND SIZE LABEL		S34	S36	S38	S40	S42	S44	S46	S48

