

Trousers

Size	72R	77R	82R	87R	92R	97R	102R	107R	112R	117R	122R
Waist (cm)	72	77	82	87	92	97	102	107	112	117	122
Inleg (cm)	79	79	79	79	79	79	79	79	79	79	79

Size	72L	77L	82L	87L	92L	97L	102L	107L	112L
Waist (cm)	72	77	82	87	92	97	102	107	112
Inleg (cm)	82	82	82	82	82	82	82	82	82

Size	72S	77S	82S	87S	92S	97S	102S	107S	112S	117S	122S	127S	132S
Waist (cm)	72	77	82	87	92	97	102	107	112	117	122	127	132
Inleg (cm)	76	76	76	76	76	76	76	76	76	76	76	76	76

Trouser, Female

Size	6	8	10	12	14	16	18	20
Waist (cm)	69-73	74-78	79-83	84-88	89-93	94-98	99-103	104-108
Hip (cm)	87-91	92-96	97-101	102-106	107-111	112-116	117-121	122-126
Inleg (cm)	79	79	79	79	79	79	79	79

Trouser, Maternity

Size	10	12	14	16	18
Waist (cm)	73-77	78-82	83-87	88-92	93-98
Hip (cm)	97-101	102-106	107-111	112-116	117-121
Inleg (cm)	79	79	79	79	79

How to measure yourself

Neck - Standing, measure your neck at its largest girth, right over the Adam's apple.

Chest - Standing, measure with the breath out just above the nipple.

Waist - Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage, above the belly button.

Inleg - Standing, with legs straight and hip width apart, measure from crotch to floor.

Bust - Measure the fullest part of the bust.

Hips - Measure at the largest girth.

