

Arctic Size Charts

Use the table below as a guide to help select which size Arctic undersuit best suits your body type.

If you require any further assistance/advice please don't hesitate to contact us.

Mens Sizes	Height		Chest		Waist	
	Inches	Cm	Inches	Cm	Inches	Cm
X Small	5'3"-5'5"	160-166"	30-34"	76-86"	18-22"	46-56
Small-Short	5'3"-5'3"	160-166	Legs Only	Legs Only	22-24"	56-61
Small	5'3"-5'8"	166-174	34"-38"	86-96	26-28"	66-71
Medium-Short	5'7"-5'10"	171-179	Legs Only	Legs Only	30-32"	76-81
Medium	5'9"-6'0"	176-183	38-42"	96-106	30-32"	76-81
Large-Short	5'8"-5'11"	172-180	Legs Only	Legs Only	34-36"	86-91
Large	5'11"-6'2"	180-188	42-46"	106-116	34-36"	86-91
X-Large-Short	5'10"-6'1"	177-185	Legs Only	Legs Only	38-40"	96-101.5
X-Large	6'1"-6'4"	185-193	46-50"	116-127	38-40"	96-101.5
XX-Large-Short	5'10"-6'1"	177-186	Legs Only	Legs Only	42-44"	106.5-112
XX-Large	6'3"-6'6"	190-198	50-54"	127-137	42-44"	106.5-112
XXX-Large-Short	6'1"-6'4"	185-193	Legs Only	137-147	46-48"	117-122
XXX-Large	6'5"-6'8"	195-202	54-58"	137-147	46-48"	117-122

Please note all womens sizes are in UK sizes. See the chart at the bottom of the page for a comparison reference.

Womens Sizes	Height		Chest		Waist		Hips	
	Inches	Cm	Inches	Cm	Inches	Cm	Inches	Cm
6	5'3"-5'6"	160-168	30-32"	76-81	22-24"	56-61	33-35"	84-89
8-10 XShort	5'2"-5'5"	157.5-165.5	Legs Only	Legs Only	24-26"	61-66	34-36"	86-91.5
8-10 Short	5'3"-5'6"	160-167.5	Legs Only	Legs Only	24-26"	61-66	34-36"	86-91.5
8-10	5'4"-5'7"	162.5-170	31-33"	79-84	24-26"	61-66	34-36"	86-91.5
10-12 XShort	5'3"-5'6"	160-167.5	Legs Only	Legs Only	26-28"	66-71	35-37"	89-94
10-12 Short	5'4"-5'7"	162.5-170	Legs Only	Legs Only	26-28"	66-71	35-37"	89-94
10-12	5'5"-5'8"	165-173	32-34"	81-86	26-28"	66-71	35-37"	89-94
12-14 Short	5'5"-5'8"	165-173	Legs Only	Legs Only	28-30"	71-76	36-38"	91.5-96.5
12-14	5'6"-5'9"	167.5-175	34-36"	86-91.5	28-30"	71-76	36-38"	91.5-96.5
14-16 Short	5'6"-5'9"	167.5-175	Legs Only	Legs Only	29-31"	73.5-79	38-40"	96.5-101.5
14-16	5'7"-5'10"	170-178	36-38"	91.5-96.5	29-31"	73.5-79	38-40"	96.5-101.5
16-18 Short	5'7"-5'10"	170-178	Legs Only	Legs Only	31-33"	79-84	40-42"	101.5-106.5
16-18	5'8"-5'11"	172.5-180	38-40"	96.5-101.5	31-33"	79-84	40-42"	101.5-106.5
18-20 Short	5'7"-5'10"	172.5-180	Legs Only	Legs Only	33-35"	84-89	42-44"	106.5-112
18-20	5'8"-5'11"	172.5-180	40-42"	101.5-106.5	33-35"	84-89	42-44"	106.5-112
20-22	5'8"-5'11"	172.5-180	42-44"	107-112	33-37"	89-94	44-46"	112-117
20-22 Short	5'7"-5'10"	173.5-180	42-44"	107-112	35-37"	89-94	44-46"	112-117

Comparison chart

UK	USA	France	Germany	Italy
6-8	4-6	34	32	38
8-10	6-8	36	34	40
10-12	8-10	38	36	42
12-14	10-12	40	38	44
14-16	12-14	42	40	46
16-18	14-16	44	42	48
18-20	16-18	46	44	50
20-22	18-20	48	46	52