

Men's Alpha Sizing

Standard						
Alpha	Height	Chest	Natural Waist	Pant Waist	Hip	Inseam
XS	66.5-69.5	33 - 35.5	27.5 - 29.5	28.625 - 30.875	33.5 - 35.5	29.5 - 31.5
S	67-70	35.5 - 38	29.5 - 31.75	30.875 - 33.25	35.5 - 37.75	29.5 - 31.5
M	68 - 71	38 - 40.75	31.75 - 34.5	33.25 - 36	37.75 - 40.5	30 - 32
L	69-72	40.75 - 43.75	34.5 - 37.75	36 - 39.25	40.5 - 43.625	30 - 32
XL	69.5-72.5	43.75 - 47	37.75 - 41.5	39.25 - 43	43.625 - 46.875	30 - 32
XXL	69.5-72.5	47 - 50.5	41.5 - 45.5	43 - 47	46.875 - 50.125	30 - 32
XXXL	69.5-72.5	50.5 - 54	45.5 - 49.5	47 - 51	50.125 - 53.375	30 - 32

Metric						
Alpha	Height	Chest	Natural Waist	Pant Waist	Hip	Inseam
XS	169-177	84-90	70-75	73-78	85-90	75-80
S	170-178	90-97	75-81	78-84	90-96	75-80
M	173-180	97-104	81-88	84-91	96-103	76-81
L	175-183	104-111	88-96	91-100	103-111	76-81
XL	177-184	111-119	96-105	100-109	111-119	76-81
XXL	177-184	119-128	105-116	109-119	119-127	76-81
XXXL	177-184	128-137	116-126	119-130	127-136	76-81

Men's Numeric Sizing

Standard						
Numeric	Height	Chest	Natural Waist	Pant Waist	Hip	Inseam
28	66.5-69.5	34.25 - 36.25	27.5 - 29.5	29.5 - 31.5	34 - 36	29.5 - 31.5
30	67-70	36.25 - 38.25	29.5 - 31.5	31.5 - 33.5	36 - 38	29.5 - 31.5
32	68 - 71	37.5 - 41	31 - 34	33 - 36	37 - 41	30 - 32
34	69-72	40.25 - 42.25	33.5 - 35.5	35.5 - 37.5	40 - 42	30 - 32
36	69-72	42.25 - 44.25	35.5 - 37.5	37.5 - 39.5	42 - 43.75	30 - 32
38	69.5-72.5	44.25 - 46.25	37.5 - 39.5	39.5 - 41.375	43.75 - 45.375	30.5 - 32.5
40	69-72	46.25 - 48	39.5 - 41.5	41.375 - 42.875	45.375 - 46.875	30.5 - 32.5
42	69.5-72.5	48 - 49.5	41.5 - 43.5	42.875 - 44.125	46.875 - 48.25	30.5 - 32.5
44	69.5-72.5	49.5 - 51	43.5 - 45.5	44.125 - 45.375	48.25 - 49.625	30.5 - 32.5

Metric						
Numeric	Height	Chest	Natural Waist	Pant Waist	Hip	Inseam
28	169-177	87-92	70-75	75-80	86-91	75-80
30	170-178	92-97	75-80	80-85	91-97	75-80
32	173-180	95-104	79-86	84-91	94-104	76-81
34	175-183	102-107	85-90	90-95	102-107	76-81
36	175-183	107-112	90-95	95-100	107-111	76-81
38	177-184	112-117	95-100	100-105	111-115	77-83
40	175-183	117-122	100-105	105-109	115-119	77-83
42	177-184	122-126	105-110	109-112	119-123	77-83
44	177-184	126-130	110-116	112-115	123-126	77-83

Youth Sizing

Standard							
Alpha	Numeric	Height	Chest	Natural Waist	Pant Waist	Hip	Inseam
S	7,8	46-52	25-27	22-23	23-24	25-27	20-22
M	8,10	52-58	27-29.5	23-27	24-27	27-30	22-24
L	12,14	58-62	29.5-32	27-29	27-30	30-33	24-27
XL	16	62-64	32-34	29-32	30-33	33-35	27-29

Metric						
Alpha	Height	Chest	Natural Waist	Pant Waist	Hip	Inseam
S	117-132	64-69	56-58	58-61	64-69	51-56
M	132-147	69-75	58-69	61-69	69-76	56-61
L	147-157	75-81	69-74	69-76	76-84	61-69
XL	157-163	81-86	74-81	76-84	84-89	69-74

FJÄLLRÄVEN
SPECIALIZED

MEASUREMENTS AND SIZES

MEN

Body Size, average**	40	42	44	46	48	50	52	54	56	58	60
***) height 180 cm (5'10)											
Chest (1)	82	86	90	94	98	102	106	110	114	118	122
Waist (2)	68	72	76	80	84	88	92	96	100	104	108
Fjällräven / US Letter size	XXS	XS	S	M	L	XL	XXL	XXXL			

