

SIZE CONVERSION MEN

MENS SIZE CONVERSION

MEN C-MODEL (INCH)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam inch*	HH size
W28	78	L30*	C42
W28-W29	81	L31*	C44
W29-W30	84	L31*	C46
W31-W32	88	L32*	C48
W32-W33	92	L32*	C50
W33-W34	96	L32*	C52
W36	100	L33*	C54
W36-W38	104	L33*	C56
W38-W40	108	L34*	C58
W42	112	L34*	C60
W42-W44	116	L34*	C62
W44	120	L34*	C64
W46	124	L34*	C66
W46-W48	128	L34*	C68
W48-W50	132	L34*	C70
W50-W52	136	L34*	C72
W52-W54	140	L34*	C74

MEN C TALL-MODEL (INCH)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam inch*	HH size
W29-W30	84	L33*	C146
W31-W32	88	L34*	C148
W32-W33	92	L34*	C150
W33-W34	96	L34*	C152
W36	100	L35*	C154
W36-W38	104	L35*	C156
W36	100	L33*	C54
W36-W38	104	L33*	C56
W38-W40	108	L34*	C58
W42	112	L34*	C60
W42-W44	116	L34*	C62
W44	120	L34*	C64
W46	124	L34*	C66
W46-W48	128	L34*	C68
W48-W50	132	L34*	C70
W50-W52	136	L34*	C72
W52-W54	140	L34*	C74

MEN D-MODEL (INCH)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam inch*	HH size
W28-W29	82	L29*	D84
W29-W30	86	L29*	D88
W31-W32	90	L29*	D92
W32-W33	94	L30*	D96
W33-W34	98	L30*	D100
W36	102	L31*	D104
W36-W38	106	L31*	D108
W38-W40	110	L31*	D112
W42	114	L32*	D116
W42-W44	118	L32*	D120
W44	122	L32*	D124
W46	126	L33*	D128
W46-W48	132	L33*	D136
W46-W48	128	L34*	C68
W48-W50	132	L34*	C70
W50-W52	136	L34*	C72
W52-W54	140	L34*	C74

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

† Measure where you place your pants

MEN C-MODEL (CM)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam cm*	HH size
W28	78	L30*	C42
W28-W29	80	79*	C44
W29-W30	84	80*	C46
W31-W32	88	81*	C48
W32-W33	92	82*	C50
W33-W34	96	83*	C52
W36	100	84*	C54
W36-W38	104	85*	C56
W38-W40	108	86*	C58
W42	112	87*	C60
W42-W44	116	87*	C62
W44	120	88*	C64
W46	124	88*	C66
W46-W48	128	88*	C68
W48-W50	132	88*	C70
W50-W52	136	88*	C72
W52-W54	140	88*	C74

MEN C TALL-MODEL (CM)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam cm*	HH size
W29-W30	84	85*	C146
W31-W32	88	86*	C148
W32-W33	92	87*	C150
W33-W34	96	88*	C152
W36	100	89*	C154
W36-W38	104	90*	C156
W36	100	L33*	C54
W36-W38	104	L33*	C56
W38-W40	108	L34*	C58
W42	112	L34*	C60
W42-W44	116	L34*	C62
W44	120	L34*	C64
W46	124	L34*	C66
W46-W48	128	L34*	C68
W48-W50	132	L34*	C70
W50-W52	136	L34*	C72
W52-W54	140	L34*	C74

MEN D-MODEL (CM)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam cm*	HH size
W28-W29	82	73*	D84
W29-W30	86	74*	D88
W31-W32	90	74*	D92
W32-W33	94	76*	D96
W33-W34	98	77*	D100
W36	102	78*	D104
W36-W38	106	79*	D108
W38-W40	110	80*	D112
W42	114	81*	D116
W42-W44	118	82*	D120
W44	122	83*	D124
W46	126	84*	D128
W46-W48	132	84*	D136
W46-W48	128	L34*	C68
W48-W50	132	L34*	C70
W50-W52	136	L34*	C72
W52-W54	140	L34*	C74

SIZE CONVERSION WOMEN

(INCH)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam inch*	HH size
W25-W26	65	L29*	C34
W26-W27	68	L30*	C36
W28-W29	72	L30*	C38
W29-W30	76	L31*	C40
W31-W32	80	L32*	C42
W32-W33	81	L32*	C44
W33-W34	88	L32*	C46
W36	93	L32*	C48
W38	98	L33*	C50
W40	103	L33*	C52

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

† Measure at belly-button height

(CM)

Waist inch (garment size)	Waistband cm [†] (body measurement)	Inseam cm*	HH size
W25-W26	65	74*	C34
W26-W27	68	76*	C36
W28-W29	72	78*	C38
W29-W30	76	80*	C40
W31-W32	80	81*	C42
W32-W33	81	82*	C44
W33-W34	88	83*	C46
W36	93	83*	C48
W38	98	84*	C50
W40	103	84*	C52

FIND YOUR SIZE

MEN / FIND YOUR SIZE C- OR D-MODEL

Waistband width																				
Inseam length	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116
72																				
73			D84																	
74					D88															
75							D92													
76									D96											
77											D100									
78	C42		D84*									D104								
79		C44			D88*								D108							
80				C46			D92*							D112						
81						C48		D96*							D116					
82									C50		D100*									
83	C42*									C52		D104*								
84		C44*										C54		D108*						
85				C46*									C56		D112*					
86						C48*									C58		D116*			
87								C50*									C60		C62	
88										C52*										
89												C54*								
90													C56*							
91														C58*						
92																	C60*		C62*	
93																				
94																				
95																				

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

WOMEN / FIND YOUR SIZE C-MODEL

Waistband width																		
Inseam length	65	68	72	76	80	84	88	93	98	103	108	113	118	123	128	133	138	143
72																		
73																		
74	C34																	
75		C36																
76			C38															
77																		
78																		
79	C34*																	
80				C40														
81		C36*			C42													
82						C44												
83			C38*				C46	C48										
84									C50	C52								
85				C40*							C54	C56	C58	C60	C62	C64	C66	C68
86					C42*													
87						C44*												
88							C46*	C48*										
89									C50*	C52*								
90											C54*	C56*	C58*	C60*	C62*	C64*	C66*	C68*
91																		
92																		

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

WORKWEAR / EU SIZE CHARTS

MEN / EU REGULAR + TALL (CM)

Sizes (cm)	2XS	XS	S	M		L		XL
	C42	C44	C46	C48	C50	C52	C54	C56
Body height	166	170	174	180	180	184	184	188
Chest	86	89	92	96	100	104	108	112
Waist †	74	77	80	84	88	92	96	100
Waistband ‡	78	81	84	88	92	96	100	104
Hip	86	89	92	96	100	104	108	112
Inseam	78	79	80	81	82	83	84	85
Inseam tall*	83	84	85	86	87	88	89	90

MEN / EU REGULAR + TALL (INCH)

Sizes (cm)	2XS	XS	S	M		L		XL
	C42	C44	C46	C48	C50	C52	C54	C56
Body height	5'4"	5'7"	5'8"	5'11"	5'11"	6'	6'	6'2"
Chest	34	34 1/2	36	37 1/2	39	41	42 1/2	44
Waist †	29	30	31 1/2	33	34 1/2	36	37 1/2	39
Waistband ‡	30 1/2	31 1/2	33	34 1/2	36	37 1/2	39	41
Hip	34	34 1/2	36	37 1/2	39	41	42 1/2	46 1/2
Inseam	30 1/2	31	31 1/2	32	32	32 1/2	33	33 1/2
Inseam tall*	32 1/2	33	33 1/2	34	34	34 1/2	35	35

MEN / EU SHORT AND WIDE PANTS (CM)

Sizes (cm)	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128
Body height	156	160	164	170	170	174	174	178	178	182	182	184
Waistband ‡	82	86	90	94	98	102	106	110	114	118	122	126
Hip	87	90	94	98	102	106	110	114	118	122	126	130
Inseam short and wide	73	74,0	75	76	77	78	79	80	81	82	83	84
Inseam wide*	78	79,0	80	81	82	83	84	85	86	87	88	89

MEN / EU SHORT AND WIDE PANTS (INCH)

Sizes (cm)	D84	D88	D92	D96	D100	D104	D108	D112	D116	D120	D124	D128
Body height	5'1"	5'3"	5'4"	5'7"	5'7"	5'8"	5'8"	5'10"	5'10"	5'11"	5'11"	6'
Waistband ‡	32	34	35	37	38 1/2	40	41 1/2	43	45	46 1/2	48	49 1/2
Hip	34 1/2	35 1/2	37	38 1/2	40	41 1/2	43	45	46 1/2	48	49 1/2	51
Inseam short and wide	28 1/2	29	29 1/2	30	30	30 1/2	31	31 1/2	32	32	32 1/2	33
Inseam wide*	30 1/2	31	31 1/2	32	32	32 1/2	33	33 1/2	34	34	34 1/2	35

MEN / EU TALL + EXTRA TALL (CM)

Sizes (cm)	C142	C144	C146	C148	C150	C152	C154	C156	C158	C160	C162	C164	C166	C168	C170	C172	C174	C176	C178
Body height	176	180	184	190	190	194	194	198	198	202	202	204	204	204	204	204	204	204	204
Waist †	74	77	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144
Waistband ‡	78	81	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148
Hip	86	89	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148	152	156
Inseam tall*	83	84	85	86	87	88	89	90	91	92	92	93	93	93	93	93	93	93	93
Inseam extra tall*	87	88	90	91	92	93	94	95	96	97	97	98	98	98	98	98	98	98	98

MEN / EU TALL + EXTRA TALL (INCH)

Sizes (cm)	C142	C144	C146	C148	C150	C152	C154	C156	C158	C160	C162	C164	C166	C168	C170	C172	C174	C176	C178
Body height	5'8"	5'11"	6'	6'2"	6'2"	6'4"	6'4"	6'5"	6'5"	6'6"	6'6"	6'4"	6'7"	6'7"	6'7"	6'7"	6'7"	6'7"	6'7"
Waist†	29	30	31 1/2	33	34 1/2	36	37 1/2	39	41	43 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2
Waistband‡	30 1/2	31 1/2	33	34 1/2	36	37 1/2	39	41	42 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58
Hip	34	34 1/2	36	37 1/2	39	41	42 1/2	46 1/2	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58	59 1/2	61
Inseam tall*	32 1/2	33	33 1/2	34	34	34 1/2	35	35	36	36	36	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2
Inseam extra tall*	34	34,5	35	36	36	36 1/2	37	37	37 1/2	38	38	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2	38 1/2

† Waist (at belly-button height)

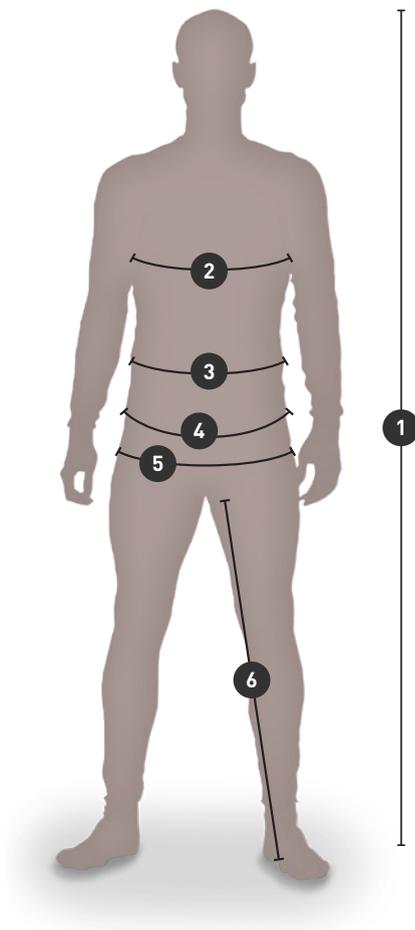
‡ Waistband (where your pants' waistband is placed)

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

	2XL		3XL		4XL		5XL		6XL	
C58	C60	C62	C64	C66	C68	C70	C72	C74	C76	C78
188	192	192	194	194	194	194	194	194	194	194
116	120	124	128	132	136	140	144	148	152	156
104	108	112	116	120	124	128	132	136	140	144
108	112	116	120	124	128	132	136	140	144	148
116	120	124	128	132	136	140	144	148	152	156
86	87	87	88	88	88	88	88	88	88	88
91	92	92	93	93	93	93	93	93	93	93

	2XL		3XL		4XL		5XL		6XL	
C58	C60	C62	C64	C66	C68	C70	C72	C74	C76	C78
6'2"	6'3"	6'3"	6'4"	6'4"	6'4"	6'4"	6'4"	6'4"	6'4"	6'4"
45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58	59 1/2	61
41	43 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2
42 1/2	44	45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58
45 1/2	47	48 1/2	50	52	53 1/2	55	56 1/2	58	59 1/2	61
34	34	34	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2	34 1/2
36	36	36	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2	36 1/2

HOW TO MEASURE



1: BODY HEIGHT

2: CHEST

3: WAIST (AT BELLY-BUTTON HEIGHT)

4: WAISTBAND (WHERE YOUR PANTS' WAISTBAND IS PLACED)

5: HIP

6: INSEAM

WORKWEAR / EU SIZE CHARTS

WOMEN / EU REGULAR + TALL (CM)

Sizes	XS	S	M		L		XL		2XL		3XL		4XL		5XL		6XL	
	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	C66	C68
Body height	156	160	164	168	170	172	174	174	176	176	178	178	178	178	178	178	178	178
Chest	80	84	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148
Waist†	65	68	72	76	80	84	88	93	98	103	108	113	118	123	128	133	138	143
Hip	88	92	96	100	104	108	112	116	120	124	128	132	136	140	144	148	152	156
Inseam	74	76	78	80	81	82	83	83	84	84	85	85	85	85	85	85	85	85
Inseam tall*	79	81	83	85	86	87	88	88	89	89	90	90	90	90	90	90	90	90

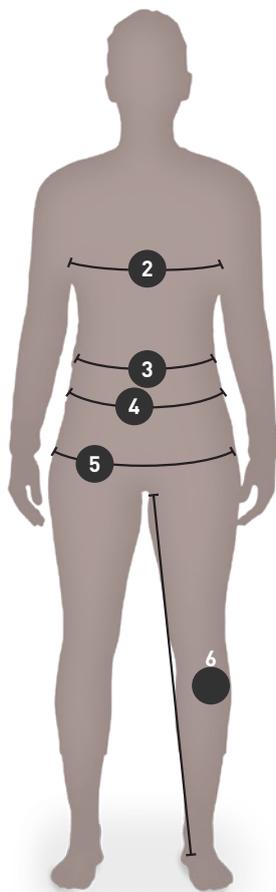
WOMEN / EU REGULAR + TALL (INCH)

Sizes	XS	S	M		L		XL		2XL		3XL		4XL		5XL		6XL	
	C34	C36	C38	C40	C42	C44	C46	C48	C50	C52	C54	C56	C58	C60	C62	C64	C66	C68
Body height	5'1"	5'3"	5'5"	5'6"	5'7"	5'8"	5'9"	5'9"	5'9"	5'9"	5'10"	5'10"	5'10"	5'10"	5'10"	5'10"	5'10"	5'10"
Chest	31 1/2	33	34 2/3	36 2/9	37 4/5	39 3/8	41	42 1/2	44	45 2/3	47 1/4	48 4/5	50 2/5	52	53 1/2	55 1/9	59 1/2	58 1/4
Waist†	25 3/5	26 7/9	28 1/3	30	31 1/2	33	34 2/3	36 3/5	38 4/7	40 5/9	42 1/2	44 1/2	46 1/2	48 3/7	50 2/5	52 1/3	54 1/3	56 2/7
Hip	34 2/3	36 2/9	37 4/5	39 3/8	41	42 1/2	44	45 2/3	47 1/4	48 5/6	50 2/5	52	53 1/2	55 1/8	56 2/3	58 1/4	59 5/6	61 3/7
Inseam	29 1/8	30	30 5/7	31 1/2	31 8/9	32 2/7	32 2/3	32 2/3	33	33	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2	33 1/2
Inseam tall*	31 1/9	31 8/9	32 2/3	33 1/2	33 6/7	34 1/4	34 2/3	34 2/3	35	35	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7	35 3/7

†Waist (at belly-button height)

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

HOW TO MEASURE



1: BODY HEIGHT

2: CHEST

3: WAIST (AT BELLY-BUTTON HEIGHT)

4: WAISTBAND (WHERE YOUR PANTS' WAISTBAND IS PLACED)

5: HIP

6: INSEAM

FOOTWEAR / SIZE CHARTS

MEN / FOOTWEAR

EU	UK	US	CM	MONDOPOINT
35	2	3.5	21.5	215
36	3	4	22	220
37	4	5	23	230
38	5	6	23.5	235
39	6	7	24.5	245
40	6.5	7.5	25	250
41	7	8	26	260
42	8	9	26.5	265
43	9	10	27.5	275
44	10	11	28	280
45	10.5	11.5	29	290
46	11	12	29.5	295
47	12	13	30.5	305
48	13	14	31	310

WOMEN / FOOTWEAR

EU	UK	US	CM	MONDOPOINT
34	1	3.5	20.5	205
35	2	5	21.5	215
36	3	5.5	22	220
37	4	6.5	23	230
38	5	7.5	23.5	235
39	6	8.5	24.5	245
40	6.5	9	25	250
41	7	9.5	26	260
42	8	10	26.5	265