

# sizing guide (cm)

The Native Spirit size guide for men, women and children will help you choose the right size and create an eco-friendly wardrobe suited to your body type.

**Take your measurements on the body itself, without over-tightening. If you're between sizes, go for the larger size.**

**Measure the breasts** at the fullest part and, if possible, with your bra on.

**Measure the waist** at the narrowest part of the waist.

**Measure the hips** at the widest part of the hips.

**Measure the legs** from the top of the crotch to the ground.

## MEN / UNISEX

### MENS' TOPS

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL			
Size FR	42	44	46	48	50	52	54	56	58	60	62	64	66
Chest to fit	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122	122-126	126-130	130-134
Waist size	66-70	70-74	74-78	78-82	82-86	86-90,5	90,5-95,5	95,5-100,5	100,5-105,5	105,5-110,5	110,5-115,5	115,5-120,5	120,5-125,5
Collar	34-35	35-36	36-37	37-38	38-39	39-40	40-41	41-42	42-43	43-44	44-45	45-46	46-47

### MEN'S TROUSERS & SHORTS

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL			
Size FR	34	36	38	40	42	44	46	48	50	52	54	56	58
Waist size	66-70	70-74	74-78	78-82	82-86	86-90,5	90,5-95,5	95,5-100,5	100,5-105,5	105,5-110,5	110,5-115,5	115,5-120,5	120,5-125,5
Hip circumference	86,75-89,25	89,25-91,75	91,75-94,25	94,25-96,75	96,75-99,25	99,25-101,5	101,5-103,5	103,5-105,5	105,5-107,5	107,5-109,5	109,5-111,5	111,5-113,5	113,5-115,5
Waist to fit	79,3-79,7	79,7-80,1	80,1-80,5	80,5-80,9	80,9-81,3	81,3-81,7	81,7-82,1	82,1-82,5	82,5-82,9	82,9-83,3	83,3-83,7	83,7-84,1	84,1-84,5

## LADIES

### LADIES' TOPS

Size	XS	S	M	L	XL	XXL	3XL			
Size FR	32	34	36	38	40	42	44	46	48	50
Chest to fit	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-116
Waist size	54,5-59,5	59,5-64,5	64,5-69,5	69,5-74,5	74,5-79,5	79,5-84,5	84,5-89,5	89,5-94,5	94,5-99,5	99,5-104,5
Collar	29,1-30	30-30,9	30,9-31,8	31,8-32,7	32,7-33,6	33,6-34,5	34,5-35,4	35,4-36,3	36,3-37,2	37,2-38,1

### LADIES' TROUSERS

Size	XS	S	M	L	XL	XXL	3XL			
Size FR	32	34	36	38	40	42	44	46	48	50
Waist size	54,5-59,5	59,5-64,5	64,5-69,5	69,5-74,5	74,5-79,5	79,5-84,5	84,5-89,5	89,5-94,5	94,5-99,5	99,5-104,5
Hip circumference	83,75-87,25	87,25-90,75	90,75-94,25	94,25-97,75	97,75-101,25	101,25-104,75	104,75-108,25	108,25-111,75	111,75-115,25	115,25-118,75

## KIDS

Size	2/4 YEARS	4/6 YEARS	6/8 YEARS	8/10 YEARS	10/12 YEARS	12/14 YEARS
Size	92-104	104-116	116-128	128-140	140-152	152-164

