

# FINDEN+HALES

## 2024 TO FIT GUIDE

All measurements are in cm unless otherwise stated

THIS GUIDE REFERS TO ACTUAL BODY MEASUREMENTS, FOR ACTUAL GARMENT MEASUREMENTS SEE SIZE SPECIFICATION SUMMARY.

MEN'S/ UNISEX GARMENTS	ONE	XXS	XS	S	M	L	XL	2XL	3XL	4XL	5XL
EUROPEAN CHEST TO FIT	42-62	42-44	44-46	46-48	48-50	52	54-56	58	60-62	64	66-68
EUROPEAN WAIST TO FIT	38-52	38	40	42	44	46	48	50	52		
TO FIT CHEST - INCHES	32-52	32-34	34-36	36-38	38-40	42	44-46	48	50-52	54	56-58
TO FIT CHEST - CMS	81-132	81-86	86-91	91-96	96-101	107	112-117	122	127-132	137	142-147
TO FIT WAIST - INCHES	28-42	28	30	32	34	36	38	40	42		
TO FIT WAIST - CMS	71-107	71	76	81	86	91	96	101	107		

LADIES' GARMENTS	XS	S	M	L	XL	XXL
UK TO FIT	8	10	12	14	16	18
EUROPEAN TO FIT	36	38	40	42	44	46
TO FIT CHEST - INCHES	30-32	32-34	34-36	36-38	38-40	40-42
TO FIT CHEST - CMS	78-81	81-87	87-91	91-96	96-101	101-107
TO FIT WAIST - INCHES	26	28	30	32	34	36
TO FIT WAIST - CMS	66	71	76	81	86	91

Please note that height is a better indication of fit than age

KIDS GARMENTS - AGE	3/4	5/6	5/8	7/8	9/10	9/13	11/12	13
HEIGHT - CMS	98/104	110/116	110/128	122/128	134/140	134/164	146/152	164
TO FIT CHEST - INCHES	22-24	24-26	24-28	26-28	28-30	28-34	30-32	32 - 34
TO FIT CHEST - CMS	54-60	60-66	60-71	66-71	71-76	71-81	76-81	81
TO FIT WAIST - INCHES	21	22	22-23	23	24.5	24.5-27.5	26	27.5
TO FIT WAIST - CMS	54	56	56-58	58	62	62-70	66	70

IT IS ADVISABLE TO USE ACTUAL BODY MEASUREMENTS RATHER THAN MEASURING OVER CLOTHES.  
INFORMATION IN **GREEN** ARE NEW UPDATES FOR 2024

# FINDEN HALES

## 2024 SIZE SPEC SUMMARIES

All measurements are in cm unless otherwise stated

LV240			XS	S	M	L	XL	XXL	XXXL			TOLS+/-
<b>ADULTS' PERFORMANCE PANEL T-SHIRT</b>												
	CHEST		44.00	48.00	52.00	56.00	60.00	64.00	68.00			1.50
	LENGTH		67.00	70.00	73.00	75.00	77.00	80.00	83.00			2.00
	SLEEVE LENGTH		31.00	33.00	35.00	37.00	39.00	41.00	43.00			1.50

LV242			AGE 3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14				TOLS+/-
<b>KIDS' PERFORMANCE PANEL T-SHIRT</b>												
	CHEST		33.00	36.00	39.00	42.00	46.00	49.00				1.50
	LENGTH		48.00	50.00	54.00	56.00	59.00	63.00				1.50
	SLEEVE LENGTH		20.00	22.00	24.00	26.00	28.00	30.00				1.00

LV290			XS	S	M	L	XL	XXL	3XL			TOLS+/-
<b>UNISEX TEAM T-SHIRT</b>												
	CHEST		44.00	48.00	52.00	56.00	60.00	64.00	68.00			2.00
	LENGTH		66.00	68.00	70.00	72.00	74.00	76.00	78.00			2.00
	SLEEVE LENGTH		31.00	33.00	35.00	37.00	39.00	41.00	43.00			1.50

LV310			XS	S	M	L	XL	XXL				TOLS+/-
<b>PANEL PERFORMANCE POLO</b>												
	CHEST		48.00	51.00	54.00	57.00	60.00	63.00				1.50
	LENGTH		69.00	71.00	73.00	75.00	77.00	79.00				2.00
	SLEEVE LENGTH		32.00	34.00	36.00	38.00	40.00	42.00				1.50

LV322				S	M	L	XL	XXL	XXXL			TOLS+/-
<b>MEN'S SPORTS POLO</b>												
	CHEST			54.00	57.00	60.00	63.00	66.00	69.00			2
	LENGTH			70.00	73.00	76.00	79.00	82.00	85.00			2
	SLEEVE LENGTH			38.00	42.00	45.00	47.00	49.00	51.00			1.5

LV335				S	M	L	XL	XXL	3XL			TOLS+/-
<b>PULL-OVER HOODIE</b>												
	CHEST			51.00	56.00	60.00	63.00	66.00	69.00			2
	LENGTH			68.50	71.00	73.50	76.00	78.50	81.00			2
	SLEEVE LENGTH INC CUFF			76.00	79.50	83.00	86.50	87.50	91.00			2

LV339 KIDS' PULL-OVER HOODIE				AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14				TOLS+/-
	CHEST			42.00	44.00	46.00	49.00	53.00				1.5
	LENGTH			51.00	54.00	58.00	63.00	68.00				1.5
	SLEEVE LENGTH			51.00	56.00	60.00	66.00	72.00				2

LV340 PANELLED SPORTS HOODIE			XS	S	M	L	XL	XXL				TOLS +/-
	CHEST		48.00	51.00	56.00	60.00	63.00	67.00				2.00
	LENGTH		66.00	68.50	71.00	73.50	76.00	78.50				2.00
	SLEEVE LENGTH		74.00	76.50	79.00	81.50	84.00	86.50				2.00

LV341 ADULTS' CONTRAST TEAM HOODIE			XXS	XS	S	M	L	XL	XXL	3XL		TOL+/-
	CHEST		47.00	50.00	53.00	56.00	59.00	62.00	65.00	68.00		1.50
	LENGTH		65.00	67.00	69.00	71.00	73.00	75.00	77.00	79.00		2.00
	SLEEVE LENGTH		62.00	63.00	64.00	65.00	66.00	67.00	68.00	69.00		2.00

LV342 KIDS' CONTRAST TEAM HOODIE				AGE 3/4	AGE 5/6	AGE 7/8	AGE 9/10	AGE 11/12	AGE 13			TOL+/-
	CHEST			35.00	38.00	41.00	44.00	47.00	50.00			1.50
	LENGTH			42.00	46.00	50.00	54.00	58.00	62.00			1.50
	SLEEVE LENGTH			42.50	45.50	48.50	51.50	54.50	57.50			1.50

LV355 ADULTS' PANEL POLO			XS	S	M	L	XL	XXL				TOL+/-
	CHEST		46.00	49.00	52.00	55.00	58.00	61.00				1.50
	LENGTH		68.00	70.00	72.00	74.00	76.00	78.00				2.00
	SLEEVE LENGTH		22.00	23.00	24.00	25.00	26.00	27.00				1.50

LV370 MEN'S PIPED PERFORMANCE POLO			XS	S	M	L	XL	XXL	3XL	4XL	5XL	TOLS+/-
	CHEST		48.00	51.00	54.00	57.00	60.00	63.00	66.00	69.00	72.00	1.50
	LENGTH		67.00	69.00	71.00	73.00	75.00	77.00	79.00	81.00	83.00	2.00
	SLEEVE LENGTH FROM NECK POINT		32.00	34.00	36.00	38.00	40.00	42.00	44.00	46.00	48.00	1.50

LV371 LADIES' PIPED PERFORMANCE POLO				S	M	L	XL	XXL				TOLS+/-
	CHEST			45.00	48.00	51.00	54.00	57.00				1.50
	LENGTH			64.00	66.00	68.00	70.00	72.00				2.00
	SLEEVE LENGTH			28.00	30.00	32.00	34.00	36.00				1.50

LV372 KIDS' PIPED PERFORMANCE POLO				AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14			TOLS+/-
	CHEST			35.00	38.00	41.00	44.00	47.00	50.00			1.50
	LENGTH			44.00	51.00	54.00	59.00	62.00	66.00			2.00
	SLEEVE LENGTH FROM NECK POINT			24.00	26.00	28.00	30.00	32.00	35.00			1.50

LV381			XS	S	M	L	XL	XXL				TOLS+/-
<b>ADULTS' CONTRAST PANEL POLO</b>												
	CHEST		46.00	49.00	52.00	55.00	58.00	62.00				2
	LENGTH		68.00	70.00	72.00	74.00	76.00	78.00				2
	SLEEVE LENGTH		21.00	22.00	22.00	23.00	24.00	25.00				1.5

LV382				AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13				TOLS+/-
<b>KIDS' CONTRAST PANEL POLO</b>												
	CHEST			36.00	39.00	42.00	45.00	48.00				2
	LENGTH			48.00	52.00	56.00	60.00	64.00				2
	SLEEVE LENGTH			14.00	15.00	16.00	17.00	18.00				1.5

LV390				S	M	L	XL	XXL	3XL			TOLS+/-
<b>MEN'S CLUB POLO</b>												
	CHEST			54.00	57.00	60.00	63.00	66.00	69.00			2
	LENGTH			70.00	73.00	76.00	79.00	82.00	85.00			2
	SLEEVE LENGTH			36.50	39.00	41.00	44.00	45.50	48.00			1.5

LV550				S	M	L	XL	XXL				TOLS+/-
<b>MEN'S PIPED MICROFLEECE</b>												
	CHEST			51.00	56.00	60.00	63.00	66.00				2.00
	LENGTH			68.00	72.00	76.00	79.00	82.00				2.00
	SLEEVE LENGTH			76.00	78.00	80.00	82.00	84.00				2.00

LV570			XS	S	M	L	XL	XXL				TOLS+/-
<b>ADULTS' 1/4 ZIP PIPED MICROFLEECE</b>												
	CHEST		48.00	51.00	54.00	57.00	60.00	63.00				1.50
	LENGTH		61.00	65.00	69.00	73.00	76.00	79.00				2.00
	SLEEVE LENGTH		75.00	77.00	79.00	80.00	82.00	84.00				2.00

LV571			XS	S	M	L	XL	XXL				TOLS+/-
<b>ADULTS' 1/4 ZIP MIDLAYER WITH CONTRAST PANELLING</b>												
	CHEST		46.00	49.00	52.00	55.00	58.00	61.00				2.00
	LENGTH		65.00	67.00	69.00	71.00	73.00	75.00				2.00
	SLEEVE LENGTH		64.00	65.00	66.00	67.00	68.00	69.00				2.00

LV580			XS	S	M	L	XL	XXL	XXXL			TOLS+/-
<b>UNISEX MICROFLEECE JACKET</b>												
	CHEST		50.00	53.00	56.00	59.00	62.00	65.00	68.00			2.00
	LENGTH		69.00	71.00	73.00	75.00	77.00	79.00	81.00			2.00
	SLEEVE LENGTH		62.00	64.00	66.00	68.00	70.00	72.00	74.00			2.00

LV622			XS	S	M	L	XL	XXL				TOLS+/-
<b>ADULT'S ACTIVE SOFTSHELL JACKET</b>												
	CHEST		50.00	53.00	56.00	59.00	62.00	65.00				2.00
	LENGTH		69.00	71.00	73.00	75.00	77.00	79.00				2.00
	SLEEVE LENGTH		62.00	64.00	66.00	68.00	70.00	72.00				2.00

LV660 HOODED CONTRAST PUFFER JACKET				XS	S	M	L	XL	XXL	3XL			TOLS+/-
	CHEST			52.00	55.00	58.00	61.00	64.00	67.00	70.00			2.00
	LENGTH			69.00	71.00	73.00	75.00	77.00	78.00	79.00			2.00
	SLEEVE LENGTH			61.50	63.50	65.50	67.50	69.50	71.50	73.50			2.00
LV690 ADULT'S ALL WEATHER ROBE						ONE							TOLS+/-
	CHEST					82.00							2.00
	LENGTH					104.00							2.00
	SLEEVE LENGTH					72.00							2.00
LV691 KIDS' ALL WEATHER ROBE						AGE 5/8	AGE 9/13						TOLS+/-
	CHEST					62.00	70.00						2.00
	LENGTH					78.00	86.00						2.00
	SLEEVE LENGTH					54.00	61.00						2.00
LV817 ADULTS' STRETCH SPORTS SHORT					S	M	L	XL	XXL				TOLS +/-
	WAIST				37.00	39.00	41.00	43.00	45.00				1.50
	INSIDE LEG				39.00	39.00	39.00	39.00	39.00				1.50
LV830 MEN'S MICROFIBRE SHORTS					S	M	L	XL	XXL				TOLS+/-
	WAIST RELAXED				32.00	35.00	38.00	41.00	44.00				1.50
	INSIDE LEG				20.00	20.00	20.00	20.00	20.00				1.50
	HIP 10CM UP FROM CROTCH				55.00	58.00	61.00	64.00	68.00				2.00
LV831 LADIES' MICROFIBRE SHORTS					S	M	L	XL	XXL				TOLS+/-
	WAIST RELAXED				29.00	32.00	35.00	38.00	41.00				1.50
	INSIDE LEG				15.00	15.00	15.00	15.00	15.00				1.00
	HIP 10CM UP FROM CROTCH				51.00	54.00	57.00	60.00	63.00				1.50
LV833 LADIES' SKORT WITH WICKING FINISH				XS	S	M	L	XL					TOLS+/-
				8	10	12	14	16					
	WAIST RELAXED			31.00	33.00	35.00	37.00	39.00					1.50
	WAIST EXTENDED			36.00	38.00	44.00	46.00	48.00					1.50
	SKIRT LENGTH			34.50	36.00	37.50	39.00	40.50					1.50
LV871 ADULT'S KNITTED TRACKSUIT TOP				XXS	XS	S	M	L	XL	XXL	3XL		TOLS+/-
	CHEST			46.00	49.00	52.00	55.00	58.00	61.00	64.00	67.00		1.50
	LENGTH			65.00	67.00	69.00	71.00	73.00	75.00	77.00	79.00		2.00
	SLEEVE LENGTH			74.00	76.00	78.00	80.00	82.00	84.00	86.00	88.00		2.00

LV873			AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14				TOLS+/-
<b>KID'S KNITTED TRACKSUIT TOP</b>												
	CHEST		34.00	37.00	40.00	43.00	46.00	49.00				1.50
	LENGTH		42.00	46.00	50.00	54.00	58.00	62.00				1.50
	SLEEVE LENGTH		50.00	53.00	56.00	59.00	62.00	65.00				1.50

LV874			XXS	XS	S	M	L	XL	XXL	3XL		TOLS +/-
<b>ADULT'S 1/4 ZIP TRACKSUIT TOP</b>												
	CHEST		46.00	49.00	52.00	55.00	58.00	61.00	64.00	67.00		2.00
	LENGTH		65.00	67.00	69.00	71.00	73.00	75.00	77.00	79.00		2.00
	SLEEVE LENGTH		62.00	63.00	64.00	65.00	66.00	67.00	68.00	69.00		2.00

LV875			AGE 3/4	AGE 5/6	AGE 7/8	AGE 9/10	AGE 11/12	AGE 13				TOLS +/-
<b>KID'S 1/4 ZIP TRACKSUIT TOP</b>												
	CHEST		34.00	37.00	40.00	43.00	46.00	49.00				1.50
	LENGTH		42.00	46.00	50.00	54.00	58.00	62.00				2.00
	SLEEVE LENGTH		42.50	45.50	48.50	51.50	54.50	57.50				1.50

LV881			XXS	XS	S	M	L	XL	XXL	3XL		TOLS+/-
<b>ADULT'S KNITTED TRACKSUIT PANTS</b>												
	WAIST RELAXED		30.50	33.00	35.50	38.00	40.50	43.00	45.50	48.00		1.50
	INSIDE LEG (inches)		30.00	30.00	30.00	30.00	31.00	31.00	31.00	31.00		2.00
	HIP 10CM UP FROM CROTCH		47.50	50.00	52.50	55.00	57.50	60.00	62.50	65.00		2.00

LV883			AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14				TOLS+/-
<b>KID'S KNITTED TRACKSUIT PANTS</b>												
	WAIST RELAXED		22.00	25.00	28.00	31.00	34.00	37.00				1.50
	INSIDE LEG (inches)		41.00	18.50	21.00	23.00	25.50	30.00				2.00
	HIP 10CM UP FROM CROTCH		32.00	34.00	36.00	38.00	40.00	42.00				1.50

LV886			XS	S	M	L	XL	XXL	XXXL			TOLS+/-
<b>ADULTS KNITTED SHORTS WITH ZIPPED POCKETS</b>												
	WAIST RELAXED		34.00	36.00	38.00	40.00	42.00	44.00	46.00			1.50
	INSIDE LEG (cm)		15.00	15.50	16.00	16.50	17.00	17.50	18.00			1.00
	HIP 10CM UP FROM CROTCH		49.00	52.00	55.00	58.00	61.00	64.00	67.00			2.00

LV887			AGE 3/4	AGE 5/6	AGE 7/8	AGE 9/10	AGE 11/12	AGE 13				TOLS+/-
<b>KIDS' KNITTED SHORTS WITH ZIPPED POCKETS</b>												
	WAIST RELAXED		22.00	25.00	28.00	31.00	34.00	37.00				1.50
	INSIDE LEG (cm)		12.00	13.00	14.00	15.00	16.00	17.00				1.00
	HIP 10CM UP FROM CROTCH		34.00	37.00	40.00	43.00	46.00	49.00				1.50

LV896			XS	S	M	L	XL	XXL				TOLS+/-
<b>LADIES' TEAM LEGGING</b>												
	WAIST RELAXED		25.00	27.00	29.00	31.00	34.00	37.00				1.50
	INSIDE LEG (cm)		66.00	67.00	68.00	68.00	69.00	69.00				2.00
	HIP 10CM UP FROM CROTCH		36.00	38.00	40.00	42.00	45.00	48.00				1.50

LV897			AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12					TOLS+/-
<b>KIDS' TEAM LEGGING</b>												
	WAIST RELAXED		21.00	23.00	25.00	27.00	29.00					1.50
	INSIDE LEG (cm)		40.00	47.00	52.00	57.00	62.00					1.50
	HIP 10CM UP FROM CROTCH		27.00	29.00	31.00	33.00	35.00					1.50