

FINDEN+HALES

2025 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	54	56
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	44	46
TO FIT WAIST - CMS	71-107		71	76	81	86	91	96	101	107	112	117

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

2025 SIZE SPEC SUMMARIES

All measurements are in cm unless otherwise stated

LV240				XS	S	M	L	XL	XXL	XXXL			TOLS+/-
ADULTS' PERFORMANCE PANEL T-SHIRT													
	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+/-
KIDS' PERFORMANCE PANEL T-SHIRT													
	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+/-
UNISEX TEAM T-SHIRT													
	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
LV292				AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE 13				TOLS+/-
KIDS' TEAM T-SHIRT													
	CHEST			33.00	36.00	39.00	42.00	46.00	49.00				2.00
	LENGTH			48.00	52.00	54.00	56.00	59.00	63.00				2.00
	SLEEVE LENGTH			24.00	26.00	28.00	29.00	30.00	31.00				1.50
LV310				XS	S	M	L	XL	XXL				TOLS+/-
PANEL PERFORMANCE POLO													
	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
LV335					S	M	L	XL	XXL	3XL			TOLS+/-
PULL-OVER HOODIE													
	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					AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14					TOLS+/-
KIDS' PULL-OVER HOODIE														
	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

LV341														TOL+/-
ADULTS' CONTRAST TEAM HOODIE					XXS	XS	S	M	L	XL	XXL	3XL		
	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					AGE 3/4	AGE 5/6	AGE 7/8	AGE 9/10	AGE 11/12	AGE 13				TOL+/-
KIDS' CONTRAST TEAM HOODIE														
	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					XS	S	M	L	XL	XXL				TOL+/-
ADULTS' PANEL POLO														
	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					XS	S	M	L	XL	XXL	3XL	4XL	5XL	TOLS+/-
MEN'S PIPED PERFORMANCE POLO														
	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					S	M	L	XL	XXL					TOLS+/-
LADIES' PIPED PERFORMANCE POLO														
	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					AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13/14				TOLS+/-
KIDS' PIPED PERFORMANCE POLO														
	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

LV390					S	M	L	XL	XXL	3XL				TOLS+/-
MEN'S CLUB POLO														
	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

LV570				XS	S	M	L	XL	XXL					TOLS+/-
ADULTS' 1/4 ZIP PIPED MICROFLEECE														
	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+/-
ADULTS' 1/4 ZIP MIDLAYER WITH CONTRAST PANELLING														
	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
LV622				XS	S	M	L	XL	XXL					TOLS+/-
ADULT'S ACTIVE SOFTSHELL JACKET														
	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
LV690						ONE								TOLS+/-
ADULT'S ALL WEATHER ROBE														
	CHEST					82.00								2.00
	LENGTH					104.00								2.00
	SLEEVE LENGTH					72.00								2.00
LV691						AGE 5/8	AGE 9/13							TOLS+/-
KIDS' ALL WEATHER ROBE														
	CHEST					62.00	70.00							2.00
	LENGTH					78.00	86.00							2.00
	SLEEVE LENGTH					54.00	61.00							2.00
LV817					S	M	L	XL	XXL					TOLS +/-
ADULTS' STRETCH SPORTS SHORT														
	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					S	M	L	XL	XXL					TOLS+/-
MEN'S MICROFIBRE SHORTS														
	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					S	M	L	XL	XXL					TOLS+/-
LADIES' MICROFIBRE SHORTS														
	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				XS	S	M	L	XL						TOLS+/-
LADIES' SKORT WITH WICKING FINISH				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				XXS	XS	S	M	L	XL	XXL	3XL	4XL	5XL	TOLS+/-
ADULT'S KNITTED TRACKSUIT TOP														
	CHEST		46.00	49.00	52.00	55.00	58.00	61.00	64.00	67.00	70.00	73.00		1.50
	LENGTH		65.00	67.00	69.00	71.00	73.00	75.00	77.00	79.00	81.00	83.00		2.00
	SLEEVE LENGTH		74.00	76.00	78.00	80.00	82.00	84.00	86.00	88.00	90.00	92.00		2.00

LV873				AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13					TOLS+/-
KID'S KNITTED TRACKSUIT TOP														
	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 +/-
ADULT'S 1/4 ZIP TRACKSUIT TOP														
	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 +/-
KID'S 1/4 ZIP TRACKSUIT TOP														
	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	4XL	5XL	TOLS+/-
ADULT'S KNITTED TRACKSUIT PANTS														
	WAIST RELAXED		30.50	33.00	35.50	38.00	40.50	43.00	45.50	48.00	50.50	53.00		1.50
	INSIDE LEG (inches)		30.00	30.00	30.00	30.00	31.00	31.00	31.00	31.00	78.00	78.00		2.00
	HIP 10CM UP FROM CROTCH		47.50	50.00	52.50	55.00	57.50	60.00	62.50	65.00	67.50	70.00		2.00

LV883				AGE3/4	AGE5/6	AGE7/8	AGE9/10	AGE11/12	AGE13					TOLS+/-
KID'S KNITTED TRACKSUIT PANTS														
	WAIST RELAXED			22.00	25.00	28.00	31.00	34.00	37.00					1.50
	INSIDE LEG (inches)			16.00	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+/-
ADULTS KNITTED SHORTS WITH ZIPPED POCKETS														
	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+/-
KIDS' KNITTED SHORTS WITH ZIPPED POCKETS													
	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+/-
LADIES' TEAM LEGGING													
	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+/-
KIDS' TEAM LEGGING													
	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