## Find the correct size

The right size is crucial for the workwear's functionality, and for your comfort and safety. In MASCOT's assortment, many products have a fit that can be used by both men and women. In addition, you will find MASCOT products that are especially designed for women, as well as an assortment for children.

To find the right size, and get the most accurate measurement, we recommend that someone else measures you. Take the measurements close to the body. Also remember to measure your leg length. In most of MASCOT's trousers, you can choose between three leg lengths.

## If you're a woman, you have several options

Many of MASCOT's ranges are available in one or more ladies fits. If you choose a product for women, please ensure you measure according to the ladies fit and the sizes form for women. Some of the men's products also fit women. If you pick a men's product, the measurements must be taken from the men's fit and sizes form for men.

Measurements for men's fit


## H. Head measure

Measure the circumference of the head.

## P. Collar size

Measured around the neck - 1 cm above the collar bone.

## A. Chest

Measured around the widest part of the chest.

## K1. Waist size

Measure the waist size just above the navel. You need to tighten the measuring tape.

## K2. Waist size

Measure the waist size just below the navel. You need to tighten the measuring tape.

## K3. Waist size

Measure the narrowest point of your waist. Your waist size is used together with your hip size to find your fit -DIAMOND or PEARL.

## L1. Hip size

Measured around the widest point of the hips.

## L2. Hip size

Measured with legs together around the widest point of the hip. In MASCOT's products for women, it is the hip measurement that determines which size to choose.

## E. Inner seam

The length is measured on the inside of the leg from crotch to floor (barefoot).

## T. Height

Your full height.

Try the clothes on! In that way, you are sure that the clothing fits as it should.

## How to find your size in the measuring chart

## MEN

T-shirts, sweatshirts, jackets and additional tops as well as boilersuits

|  | C42 | C43 | C44 | C45 | C46 | C47 | C48 | C49 | C50 | C51 | C52 | C54 | C56 | C58 | C60 | C62 | C64 | C66 | C68 | C70 | C72 | C74 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | xxs |  | xS |  | S |  |  |  | M |  | L |  | XL | 2XL |  | 3XL |  | 4XL |  | 5XL |  | 6XL |
| A - Chest (cm) | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 108 | 112 | 116 | 120 | 124 | 128 | 132 | 136 | 140 | 144 | 148 |
| A - Chest (inch) | 33 |  | 34.5 |  | 36 |  | 38 |  | 39.5 |  | 41 | 42.5 | 44 | 45.5 | 47 | 49 | 50.5 | 52 | 53.5 | 55 | 56.5 | 58 |

Shirts (Workshirt)

|  | C42 | C43 | C44 | C45 | C46 | C47 | C48 | C49 | C50 | C51 | C52 | C54 | C56 | C58 | C60 | C62 | C64 | C66 | C68 | C70 | C72 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | xxs |  | XS |  | S |  |  |  | M |  | L |  | XL | 2XL |  | 3XL |  | 4XL |  | 5XL |  |
| P - Collar size (cm) |  |  |  |  | 37-38 |  |  |  | 39-40 |  | 41-42 |  | 43-44 | 45-46 |  | 47-48 | 49-50 |  | 51-52 |  | 53-54 |
| P - Collar size (inch) |  |  |  |  | 14.5 |  |  |  | 15.5 |  | 16.5 |  | 17.5 | 18 |  | 19 | 19.5 |  | 20 |  | 21 |

## Trousers/bib \& braces

| EU | C42 | C43 | C44 | C45 | C46 | C47 | C48 | C49 | C50 | C51 | C52 | C54 | C56 | C58 | C60 | C62 | C64 | C66 | C68 | C70 | C72 | C74 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK/US | 27 | 28 | 28.5 | 29.5 | 30.5 | 31.5 | 32.5 | 33.5 | 34.5 | 35.5 | 36.5 | 38.5 | 40.5 | 42.5 | 44.5 | 46.5 | 48.5 | 50.5 | 52.5 | 54.5 | 56.5 | 58 |
| F/CH | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 |
|  | xxs |  | xs |  | s |  |  |  | M |  | L |  | XL | 2XL |  | 3XL |  | 4XL |  | 5XL |  | 6XL |
| K1/K2 Waist size (cm)* | 68 | 70 | 73 | 75 | 78 | 80 | 83 | 85 | 88 | 90 | 93 | 98 | 103 | 108 | 113 | 118 | 123 | 128 | 133 | 138 | 143 | 148 |
| K1/K2 Waist size (inch)* | 27 | 28 | 28.5 | 29.5 | 30.5 | 31.5 | 32.5 | 33.5 | 34.5 | 35.5 | 36.5 | 38.5 | 40.5 | 42.5 | 44.5 | 46.5 | 48.5 | 50.5 | 52.5 | 54.5 | 56.5 | 58 |
| L1 - Hip (cm) | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 | 114 | 118 | 122 | 126 | 130 | 134 | 138 | 142 | 146 | 150 | 154 |
| L1 - Hip (inch) | 35.5 | 36 | 37 | 38 | 38.5 | 39.5 | 40 | 41 | 41.5 | 42.5 | 43 | 45 | 46.5 | 48 | 49.5 | 51 | 52.5 | 54 | 56 | 57.5 | 59 | 60.5 |

*Bib \& braces are not available in odd-sizes.

| E - Leg length (cm) | 76 | 82 | 90 |
| :--- | :--- | :--- | :--- |
| E - Leg length (inch) | 30 | 32 | 35 |


| Jeans |  |  |  |  |  |  |  |  |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| K1/K2 - Waist size (inch) | 29 | 30 | 31 | 32 | 33 | 34 | 36 | 38 | 40 |
| K1/K2 - Waist size (cm) | 73 | 76 | 78.5 | 81 | 83.5 | 86 | 91 | 96 | 101 |


| E - Leg length (inch) | 30 | 32 | 34 | 36 |
| :--- | :--- | :--- | :--- | :--- |
| E - Leg length $(\mathrm{cm})$ | 76 | 82 | 87 | 92 |

Headgear

|  | S |  | M |  | L |  | XL |  | 2XL |  |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| H-Head measure (cm) | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | 62 | 63 |
| H- Head measure (inch) | 21 | 21.5 | 22 | 22.5 | 23 | 23.25 | 23.5 | 24 | 24.5 | 25 |

## How to find your shirt size

MASCOT's range includes a selection of classic shirts for men. Shirts are available in various different sizes and in the qualities Basic, Premium and Signature.

To find the right size, simply measure one of your existing shirts.
Then compare the measurements against our measurement chart and select the size that best matches your needs.


P Collar size
Your neck measurement. Measured around the neck 1 cm above the collar bone.

## (1) Chest

Measure under the armpits. Multiply by two for the full measurement.
(2) Waist size

Measure at the narrowest point on the shirt. Multiply by two for the full measurement.

## (3) Hem

Measure in a straight line along the bottom of the shirt. Multiply by two for the full measurement.


## Shirts - Slim fit

| Size | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 37-38 |  | $39-40$ |  | 41-42 |  | 43-44 |  |
| P-Collar size (cm) | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 |
| P - Collar size (inch) | 14.5 | 15 | 15.5 | 15.5 | 16 | 16.5 | 17 | 17.5 |
| 1 - Chest (cm) | 102 | 102 | 108 | 108 | 114 | 114 | 122 | 122 |
| 1 - Chest (inch) | 40 | 40 | 42.5 | 42.5 | 45 | 45 | 48 | 48 |
| 2 - Waist size (cm) | 94 | 94 | 100 | 100 | 106 | 106 | 114 | 114 |
| 2 - Waist size (inch) | 37 | 37 | 39.5 | 39.5 | 41.5 | 41.5 | 45 | 45 |
| 3 - Hem (cm) | 98 | 98 | 104 | 104 | 110 | 110 | 118 | 118 |
| 3 - Hem (inch) | 38.5 | 38.5 | 41 | 41 | 43.5 | 43.5 | 46.5 | 46.5 |
| 4 - Length (cm) | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 |
| 4 - Length (inch) | 31 | 31 | 31.5 | 31.5 | 32 | 32 | 32.5 | 32.5 |

## Shirts - Modern fit

| Size | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 37-38 |  | 39-40 |  | 41-42 |  | 43-44 |  | 45-46 |  | 47-48 |  |
| P-Collar size (cm) | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 |
| P - Collar size (inch) | 14.5 | 15 | 15.5 | 15.5 | 16 | 16.5 | 17 | 17.5 | 17.5 | 18 | 18.5 | 19 |
| 1 - Chest (cm) | 108 | 108 | 114 | 114 | 120 | 120 | 128 | 128 | 136 | 136 | 144 | 144 |
| 1 - Chest (inch) | 42.5 | 42.5 | 45 | 45 | 47 | 47 | 50.5 | 50.5 | 53.5 | 53.5 | 56.5 | 56.5 |
| 2 - Waist size (cm) | 102 | 102 | 108 | 108 | 114 | 114 | 122 | 122 | 130 | 130 | 138 | 138 |
| 2 - Waist size (inch) | 40 | 40 | 42.5 | 42.5 | 45 | 45 | 48 | 48 | 51 | 51 | 54.5 | 54.5 |
| 3-Hem (cm) | 106 | 106 | 112 | 112 | 118 | 118 | 126 | 126 | 134 | 134 | 142 | 142 |
| 3 - Hem (inch) | 41.5 | 41.5 | 44 | 44 | 46.5 | 46.5 | 49.5 | 49.5 | 53 | 53 | 56 | 56 |
| 4-Length (cm) | 79 | 79 | 80 | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 84 |
| 4-Length (inch) | 31 | 31 | 31.5 | 31.5 | 32 | 32 | 32.5 | 32.5 | 32.5 | 32.5 | 33 | 33 |

Shirts - Classic fit

| Size | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 39-40 | 41-42 |  | 43-44 |  | 45-46 |  | 47-48 |  | 49-50 |  | 51-52 | 53-54 |
| P-Collar size (cm) | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 52 | 54 |
| P - Collar size (inch) | 15.5 | 16 | 16.5 | 17 | 17.5 | 17.5 | 18 | 18.5 | 19 | 19.5 | 19.5 | 20.5 | 21.5 |
| 1 - Chest (cm) | 120 | 126 | 126 | 134 | 134 | 142 | 142 | 150 | 150 | 158 | 158 | 166 | 174 |
| 1 - Chest (inch) | 47 | 50 | 50 | 53 | 53 | 56 | 56 | 59 | 59 | 62 | 62 | 65.5 | 68.5 |
| 2 - Waist size (cm) | 120 | 126 | 126 | 134 | 134 | 142 | 142 | 150 | 150 | 158 | 158 | 166 | 174 |
| 2 - Waist size (inch) | 47 | 49.5 | 49.5 | 53 | 53 | 56 | 56 | 59 | 59 | 62 | 62 | 65.5 | 68.5 |
| 3-Hem (cm) | 120 | 126 | 126 | 134 | 134 | 142 | 142 | 150 | 150 | 158 | 158 | 166 | 174 |
| 3 - Hem (inch) | 47 | 49.5 | 49.5 | 53 | 53 | 56 | 56 | 59 | 59 | 62 | 62 | 65.5 | 68.5 |
| 4 - Length (cm) | 80 | 81 | 81 | 82 | 82 | 83 | 83 | 84 | 84 | 84 | 84 | 84 | 84 |
| 4 - Length (inch) | 31.5 | 32 | 32 | 32.5 | 32.5 | 32.5 | 32.5 | 33 | 33 | 33 | 33 | 33 | 33 |

## WOMEN

MASCOT offers a wide range of products developed especially for women.

| Tops |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | XS | S | M | L | XL | 2XL | 3XL | 4XL | 5XL | 6XL |
| A - Chest (cm) | 76 | 82 | 88 | 96 | 104 | 112 | 120 | 128 | 136 | 144 |
| A - Chest (inch) | 30 | 32 | 34.5 | 37.5 | 41 | 44 | 47 | 50.5 | 53.5 | 56.5 |
| L2-Hip (cm) | 86 | 92 | 100 | 108 | 116 | 124 | 132 | 140 | 148 | 156 |
| L2-Hip (inch) | 34 | 36 | 39.5 | 42.5 | 45.5 | 49 | 52 | 55 | 58 | 61.5 |

Shirts

|  | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | XS | S | M |  | L |  | 56 |  |  |  |  |
| A - Chest (cm) | 76 | 82 | 88 | 92 | 96 | 100 | 104 | 112 | 116 | 120 | 128 |
| A - Chest (inch) | 30 | 32 | 34.5 | 36 | 37.5 | 39.5 | 41 | 44 | 45.5 | 47 | 50.5 |
| L2 - Hip (cm) | 86 | 92 | 100 | 104 | 108 | 112 | 116 | 124 | 128 | 132 | 140 |
| L2 - Hip (inch) | 34 | 36 | 39.5 | 41 | 42.5 | 44 | 45.5 | 49 | 50.5 | 52 | 50 |

Across MASCOT's assortment you will find women's trousers, shorts and skirts in two different fits. It is your body's measurements that determine which fit you should choose. The two fits are called: DIAMOND and PEARL.

Two steps to find the trousers/skirts/shorts that are just perfect for you:

## 1) Find your fit

Your MASCOT fit will depend on a combination of your waist size (the narrowest part) and your hip measurement (the widest part).
The general rule of thumb is that if there is a difference of more than 20 centimetres between your hip and your waist measurements then you should opt for a DIAMOND fit. If the difference is less than 20 centimetres, on the other hand, then you should choose PEARL.

## 2) Find your size

You can find your size by measuring the circumference of your hip at its widest point. Keep your legs together when measuring hip width. Check the table below your fit: Determine your size based on the circumference of your hip.


## Ladies trousers and skirts

DIAMOND fit: A difference between waist and hip measurements of more than 20 cm .

| EU |  | C34 | C36 | C38 | C40 | C42 | C44 | C46 | C48 | C50 | C52 | C54 | C56 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK |  | UK6 | UK8 | UK10 | UK12 | UK14 | UK16 | UK18 | UK20 | UK22 | UK24 | UK26 | UK28 |
| F/CH |  | 34 | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 |
|  | xs | S | M |  | L |  | XL | 2XL |  | 3XL | 4XL | 5XL | 6XL |
| K3- Waist size (cm) | 70 | 74 | 78 | 82 | 86 | 90 | 94 | 98 | 104 | 110 | 116 | 122 | 128 |
| K3 - Waist size (inch) | 27.5 | 29 | 30.5 | 32 | 34 | 35.5 | 37 | 38.5 | 41 | 43.5 | 45.5 | 48 | 50.5 |
| L2 - Hip (cm) | 96 | 100 | 104 | 108 | 112 | 116 | 120 | 124 | 130 | 136 | 142 | 148 | 154 |
| L2-Hip (inch) | 37.5 | 39.5 | 41 | 42.5 | 44 | 45.5 | 47 | 49 | 51 | 53.5 | 56 | 58 | 60.5 |

*XS is only available in MASCOT® FOOD \& CARE.

Ladies trousers and skirts
PEARL fit: There is a small difference between waist and hip measurements.

| EU |  | C34 | C36 | C38 | C40 | C42 | C44 | C46 | C48 | C50 | C52 | C54 | C56 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK |  | UK6 | UK8 | UK10 | UK12 | UK14 | UK16 | UK18 | UK20 | UK22 | UK24 | UK26 | UK28 |
| F/CH |  | 36 | 38 | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 |
|  | XS | S | M |  | L |  | XL | 2XL |  | 3XL | 4XL | 5XL | 6XL |
| K3 - Waist size (cm) | 74 | 78 | 82 | 86 | 90 | 94 | 98 | 104 | 110 | 116 | 122 | 128 | 136 |
| K3 - Waist size (inch) | 29 | 30.5 | 32 | 34 | 35.5 | 37 | 38.5 | 41 | 43.5 | 45.5 | 48 | 50.5 | 53.5 |
| L2 - Hip (cm) | 92 | 95 | 98 | 101 | 104 | 107 | 110 | 115 | 120 | 125 | 130 | 135 | 140 |
| L2-Hip (inch) | 36 | 37.5 | 38.5 | 39.5 | 41 | 42 | 43.5 | 45 | 47 | 49 | 51 | 53 | 55 |

*XS is only available in MASCOT® ${ }^{\circledR}$ FOOD \& CARE.

| E - Leg length (cm) | 76 | 82 |
| :--- | :--- | :--- |
| E - Leg length (inch) | 30 | 32 |

## CHILDREN

In MASCOT's assortment you will also find products for children. To find the right size, you should, as a rule, choose the size based on the height of the child.

| Children |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Height (cm) | 104 | 116 | 128 | 140 | 152 | 164 |
| Age (years) | 3-4 | 5-6 | 7-8 | 9-10 | 11-12 | 13-14 |
| Chest (cm) | 54 | 58 | 62 | 68 | 74 | 80 |
| Chest (inch) | 21 | 23 | 24.5 | 26.5 | 29 | 31.5 |
| Waist size (cm) | 50 | 52 | 54 | 58 | 62 | 66 |
| Waist size (inch) | 19.5 | 20.5 | 21.5 | 23 | 24.5 | 26 |
| Hip (cm) | 58 | 62 | 66 | 72 | 78 | 84 |
| Hip (inch) | 23 | 24.5 | 26 | 28.5 | 30.5 | 33 |

## FOOTWEAR

You spend many hours a day in your shoes. It is therefore essential that you choose them carefully. Shoe sizes can vary slightly. That's why we recommend you try the shoes on before buying. This ensures that you get the correct size, and that you have a shoe fit to match your feet.

MASCOT's sizes generally follows standard shoes sizes. Footwear in the smaller sizes, 35-41, are slightly narrower (width 8) than the bigger sizes, 39-50, (width 10 and width 11).

| Footwear |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| EU size | 35 | 36 | 37 | 38 | 39 | 40 | 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 |
| UK size | 2.5 | 3.5 | 4 | 5 | 6 | 6.5 | 7 | 8 | 9 | 10 | 10.5 | 11 | 12 | 13 | 14 | 15 |
| US size, men | 4 | 5 | 5.5 | 6.5 | 7 | 7.5 | 8 | 9 | 10 | 11 | 11.5 | 12 | 13 | 14 | 15 | 16 |

