



**HARD SLOG**<sup>®</sup>  
by *Thomas Cook*<sup>®</sup>



## SIZE GUIDES

WOMEN

MEN

KIDS

FOOTWEAR

HATS & GLOVES

BELTS



**HARD SLOG**  
by Thomas Cook



## MEASUREMENTS - GUIDE ONLY

PLEASE NOTE: All size results are in cm's unless stated otherwise. The size guide is to assist you in getting the right fit, the first time. Please follow our HOW TO MEASURE guide below. For accuracy, it's best to measure your body, we do not suggest measuring your clothes.

### HOW TO MEASURE - Women

#### Bust

Measure around the fullest part of your bust

#### Waist

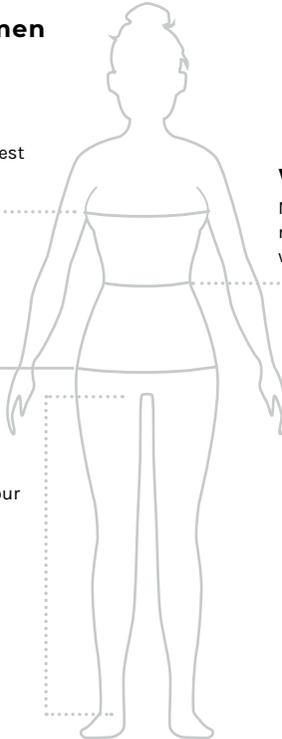
Measure around the narrowest part of your waistline

#### Hip

Measure around the fullest part of your hips

#### Inner Leg

Measure the inside of your leg from your crotch to your anklebone



### WOMENS BODY MEASUREMENTS IN CENTIMETRES

| SIZE TO FIT | 8 / XS  | 9       | 10 / S  | 11      | 12 / M    | 13        | 14 / L    | 15        | 16 / XL   | 18 / XXL  | 20 / 3XL  | 22 / 4XL  |
|-------------|---------|---------|---------|---------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
| BUST        | 83 - 87 | -       | 88 - 92 | -       | 93 - 97   | -         | 98 - 102  | -         | 106 - 113 | 114 - 121 | 122 - 129 | 130 - 135 |
| WAIST       | 66 - 70 | 68 - 70 | 71 - 75 | 73 - 75 | 76 - 80   | 78 - 80   | 81 - 85   | 85 - 88   | 89 - 96   | 97 - 104  | 105 - 112 | 113 - 118 |
| HIP         | 90 - 94 | 92 - 94 | 95 - 99 | 97 - 99 | 100 - 104 | 102 - 104 | 105 - 109 | 109 - 112 | 113 - 119 | 121 - 128 | 129 - 136 | 137 - 142 |

### WOMENS GARMENT MEASUREMENTS IN CENTIMETRES

#### THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

| SIZE TO FIT                      | 8 / XS                                 | 10 / S  | 12 / M      | 14 / L      | 16 / XL | 18 / XXL    | 20 / 3XL | 22 / 4XL    |
|----------------------------------|--|---------|-------------|-------------|---------|-------------|----------|-------------|
| AVERAGE SHIRT LONG SLEEVE LENGTH | 60.5 - 61.5                            | 61 - 63 | 61.5 - 62.5 | 62.5 - 63.5 | 63 - 64 | 63.5 - 64.5 | 64 - 66  | 64.5 - 66.5 |
| AVERAGE SHIRT BODY LENGTH        | 65 - 66                                | 66 - 68 | 67 - 69     | 68 - 70     | 70 - 72 | 72 - 74     | 74 - 76  | 76 - 78     |
| AVERAGE JACKET SLEEVE LENGTH     | 61 - 63                                | 62 - 64 | 63 - 65     | 64 - 66     | 65 - 67 | 66 - 68     | 67 - 69  | 68 - 70     |
| AVERAGE JACKET BODY LENGTH       | Average for size 10 / S is 70cm - 80cm |         |             |             |         |             |          |             |



**HARD SLOG**  
by *Thomas Cook*



## MEASUREMENTS - GUIDE ONLY

PLEASE NOTE: All size results are in cm's unless stated otherwise. The size guide is to assist you in getting the right fit, the first time. Please follow our HOW TO MEASURE guide below. For accuracy, it's best to measure your body, we do not suggest measuring your clothes.

### HOW TO MEASURE - Men

#### CHEST

Measure around the widest part of your chest

#### HIP

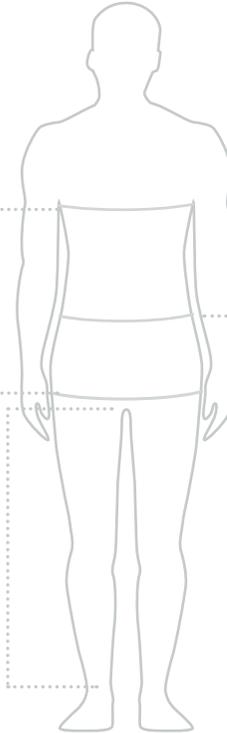
Measure around the fullest part of your hips

#### CROTCH

Measure the inside of your leg from your crotch to your anklebone

#### WAIST

Measure around the narrowest part of your waistline



### MENS BODY MEASUREMENTS IN CENTIMETRES

| SIZES TO FIT | XXS   | XS    | 30 / S  | 31      | 32 / M  | 33      | 34 / L  | 35      | 36 / XL | 38 / XXL | 40 / 3XL | 42 / 4XL | 44      |
|--------------|-------|-------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|---------|
| CHEST        | 85-89 | 90-94 | 95 - 99 | -       | 100-104 | -       | 105-109 | -       | 110-114 | 115-119  | 120-124  | 125-129  | 130-135 |
| WAIST        | -     | -     | 76 - 78 | 79 - 80 | 81 - 85 | 84 - 85 | 86 - 88 | 89 - 90 | 91 - 94 | 95 - 99  | 100-104  | 105-109  | 110-115 |
| HIP          | -     | -     | 90 - 92 | 93 - 94 | 95 - 97 | 98 - 99 | 100-102 | 103-104 | 105-108 | 109-113  | 114-117  | 118-121  | 122-127 |

### MENS GARMENT MEASUREMENTS IN CENTIMETRES

#### THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

| SIZES TO FIT                     | XXS  | XS | S    | M  | L    | XL | 2XL  | 3XL | 4XL  |
|----------------------------------|------|----|------|----|------|----|------|-----|------|
| AVERAGE SHIRT LONG SLEEVE LENGTH | 62   | 64 | 65   | 66 | 67   | 68 | 69   | 70  | 71   |
| AVERAGE SHIRT BODY LENGTH        | 74.5 | 76 | 77.5 | 79 | 80.5 | 82 | 83.5 | 85  | 86.5 |
| NECK CIRCUMFERENCE               | 35   | 37 | 39   | 41 | 43   | 45 | 47   | 49  | 51   |
| AVERAGE JACKET SLEEVE LENGTH     | -    | -  | 64   | 65 | 66   | 67 | 68   | 69  | 70   |
| AVERAGE JACKET BODY LENGTH       | -    | -  | 76.5 | 78 | 79.5 | 81 | 82.5 | 84  | 85.5 |



**HARD SLOG**  
by Thomas Cook



**DUX-BAK**  
BY THOMAS COOK

## MEASUREMENTS - GUIDE ONLY

PLEASE NOTE: All size results are in cm's unless stated otherwise. The size guide is to assist you in getting the right fit, the first time. Please follow our HOW TO MEASURE guide below. For accuracy, it's best to measure your child's body, we do not suggest measuring their clothes.

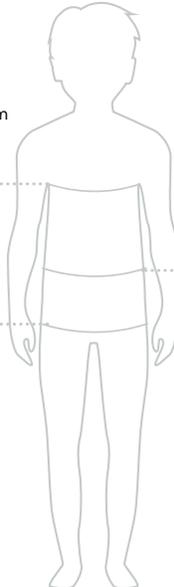
### HOW TO MEASURE - Kids

#### Chest

Take the measurement from the widest part of your child's chest

#### Hip

Measure around the fullest part of your child's hips



#### Waist

Take the measurement from where your child's pant waistband sits

#### Height

Position your child standing with their feet together without shoes on. Keep their back against a wall & measure from the floor up

### BODY MEASUREMENTS IN CENTIMETRES

THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

| SIZE  | 2  | 4  | 6  | 8  | 10 | 12 | 14 |
|-------|----|----|----|----|----|----|----|
| CHEST | 53 | 57 | 61 | 67 | 73 | 79 | 85 |
| WAIST | 52 | 54 | 56 | 59 | 62 | 66 | 70 |
| HIP   | 58 | 62 | 66 | 72 | 78 | 84 | 90 |

### CLOTHING MEASUREMENTS IN CENTIMETRES

THIS IS A GUIDE ONLY - TO HELP YOU CHOOSE THE RIGHT SIZE

| SIZE                      | 2  | 4  | 6  | 8  | 10   | 12 | 14   |
|---------------------------|----|----|----|----|------|----|------|
| SHIRT LONG SLEEVE LENGTH  | 33 | 39 | 45 | 49 | 53   | 57 | 61   |
| SHIRT BODY LENGTH         | 41 | 46 | 51 | 57 | 59.5 | 62 | 64.5 |
| DENIM JEANS OUTLEG LENGTH | 55 | 65 | 75 | 81 | 88   | 95 | 102  |
| RUGBY LONG SLEEVE LENGTH  | 32 | 38 | 44 | 48 | 52   | 56 | 60   |
| RUGBY BODY LENGTH         | 43 | 48 | 53 | 59 | 62.5 | 66 | 69.5 |



**HARD SLOG**  
by *Thomas Cook*



## FOOTWEAR CONVERSION CHART

### FOOTWEAR - Men's & Women's

|                    |    |       |    |    |    |       |    |    |    |    |    |
|--------------------|----|-------|----|----|----|-------|----|----|----|----|----|
| Australian Men's   | 3  | 4     | 5  | 6  | 7  | 8     | 9  | 10 | 11 | 12 | 13 |
| Australian Women's | 5  | 6     | 7  | 8  | 9  | 10    | 11 | 12 | 13 | 14 | 15 |
| UK/Men's/Women's   | 3  | 4     | 5  | 6  | 7  | 8     | 9  | 10 | 11 | 12 | 13 |
| European           | 35 | 36/37 | 38 | 39 | 40 | 41/42 | 43 | 44 | 45 | 46 | 47 |
| US Men's           | 4  | 5     | 6  | 7  | 8  | 9     | 10 | 11 | 12 | 13 | 14 |
| US Women's         | 5  | 6     | 7  | 8  | 9  | 10    | 11 | 12 | 13 | 14 | 15 |

### FOOTWEAR - Kids (Junior)

|               |   |   |   |     |   |   |   |   |     |    |    |    |      |    |    |      |
|---------------|---|---|---|-----|---|---|---|---|-----|----|----|----|------|----|----|------|
| UK/Australian | 2 | 3 | 4 | 4.5 | 5 | 6 | 7 | 8 | 8.5 | 9  | 10 | 11 | 11.5 | 12 | 13 | 13.5 |
| US            | 3 | 4 | 5 | 5.5 | 6 | 7 | 8 | 9 | 9.5 | 10 | 11 | 12 | 12.5 | 13 | 1  | 1.5  |

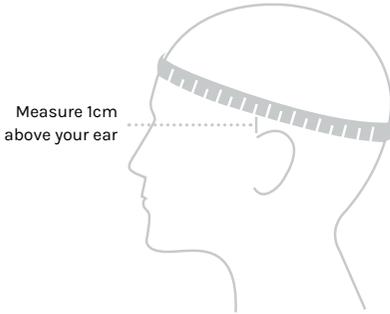
### FOOTWEAR - Kids (Youth)

|               |   |     |   |     |   |     |   |     |   |     |   |     |   |     |   |
|---------------|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|-----|---|
| UK/Australian | 1 | 1.5 | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 |
| US            | 2 | 2.5 | 3 | 3.5 | 4 | 4.5 | 5 | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 | 8.5 | 9 |

### FOOTWEAR - Infant

|      |             |              |               |               |               |               |               |
|------|-------------|--------------|---------------|---------------|---------------|---------------|---------------|
| Age  | 6-12 months | 12-18 months | 1.5 - 2 years | 2 - 2.5 years | 2.5 - 3 years | 3 - 3.5 years | 3.5 - 4 years |
| Size | J02         | J03          | J04           | J05           | J06           | J07           | J08           |

## HAT SIZE GUIDE

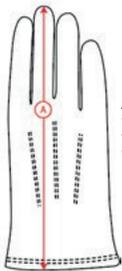


| US Sizing                     | Inches  | Cm's | Size            |
|-------------------------------|---|------|-----------------|
| 6 <sup>5</sup> / <sub>8</sub> | 20 <sup>1</sup> / <sub>2</sub> - 20 <sup>3</sup> / <sub>4</sub> | 53   | XXS - XS        |
| 6 <sup>3</sup> / <sub>4</sub> | 20 <sup>7</sup> / <sub>8</sub> - 21 <sup>1</sup> / <sub>8</sub> | 54   | XS - S          |
| 6 <sup>7</sup> / <sub>8</sub> | 21 <sup>1</sup> / <sub>4</sub> - 21 <sup>1</sup> / <sub>2</sub> | 55   | Small           |
| 7                             | 21 <sup>3</sup> / <sub>4</sub> - 21 <sup>7</sup> / <sub>8</sub> | 56   | Small - Medium  |
| 7 <sup>1</sup> / <sub>8</sub> | 22 - 22 <sup>1</sup> / <sub>4</sub>                             | 57   | Medium          |
| 7 <sup>1</sup> / <sub>4</sub> | 22 <sup>3</sup> / <sub>8</sub> - 22 <sup>5</sup> / <sub>8</sub> | 58   | Medium - Large  |
| 7 <sup>3</sup> / <sub>8</sub> | 22 <sup>3</sup> / <sub>4</sub> - 23                             | 59   | Large           |
| 7 <sup>1</sup> / <sub>2</sub> | 23 <sup>1</sup> / <sub>8</sub> - 23 <sup>1</sup> / <sub>2</sub> | 60   | Large - X-Large |
| 7 <sup>5</sup> / <sub>8</sub> | 23 <sup>1</sup> / <sub>2</sub> - 23 <sup>7</sup> / <sub>8</sub> | 61   | X - Large       |

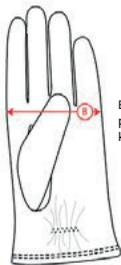
## GLOVES SIZE GUIDE

| WOMEN'S GLOVES       | S    | M   | L    | XL  |
|----------------------|------|-----|------|-----|
| A. Total Length (cm) | 24.5 | 25  | 25.5 | 26  |
| B. Palm Width (cm)   | 8.9  | 9.2 | 9.5  | 9.8 |

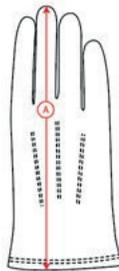
| MEN'S GLOVES         | S    | M    | L    | XL |
|----------------------|------|------|------|----|
| A. Total Length (cm) | 24.5 | 25   | 25.5 | 26 |
| B. Palm Width (cm)   | 11.1 | 11.4 | 11.7 | 12 |



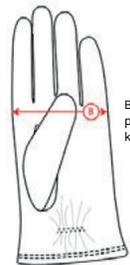
A. Total length from base to tip of index finger



B. Widest part across knuckles



A. Total length from base to tip of index finger



B. Widest part across knuckles

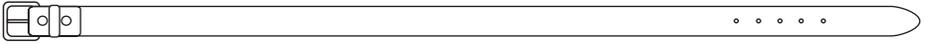


**HARD SLOG®**  
by *Thomas Cook*



## BELT SIZE GUIDE

**Belt Size** Is measured from base of buckle to middle notch



### MENS BELTS MEASUREMENTS

|             |    |    |    |    |     |     |     |     |
|-------------|----|----|----|----|-----|-----|-----|-----|
| SIZE TO FIT | XS | S  | M  | L  | XL  | XXL | 3XL | 4XL |
| IN INCHES   | 29 | 32 | 35 | 38 | 41  | 44  | 47  | 50  |
| IN CM'S     | 74 | 81 | 89 | 97 | 104 | 112 | 119 | 127 |

### WOMENS BELTS MEASUREMENTS

|             |    |    |    |    |     |     |     |     |
|-------------|----|----|----|----|-----|-----|-----|-----|
| SIZE TO FIT | XS | S  | M  | L  | XL  | XXL | 3XL | 4XL |
| IN INCHES   | 29 | 32 | 35 | 38 | 41  | 44  | 47  | 50  |
| IN CM'S     | 74 | 81 | 89 | 97 | 104 | 112 | 119 | 127 |

### KIDS - BELT MEASUREMENTS

|             |    |    |    |    |     |
|-------------|----|----|----|----|-----|
| SIZE TO FIT | S  | M  | L  | XL | XXL |
| IN INCHES   | 22 | 24 | 26 | 28 | 30  |
| IN CM'S     | 56 | 61 | 66 | 71 | 76  |