



- A**- Height and Weight
- B**- Chest at Widest (measure around chest with arms down)
- C**- Waist
- D**- Hips (at widest point)
- E**- Inseam (Crotch seam to ankle bone)
- F**- Shoulder to Wrist (Arms straight out in front of you)

To use the chart below: Pick the suit that corresponds to your largest measurement. For example: If you are 5' 8" and 163 lbs you would need to choose the Medium-Large suit.

Size (USA)	EURO	Height	Weight (lbs)	Chest (in)	Waist (in)	Hips (in)	Inseam (in)	Sleeve (in)
X-SMALL	44	5'4" - 5'5"	115-125	39	35	36	28	21
SMALL	48	5'5" - 5'7"	125-140	41	36	38	29	22
MEDIUM	52	5'7" - 5'10"	140-150	45	39	39	29	22
LARGE	56	5'10" - 6'	160-180	46	41	42	30	22
X-LARGE	60	6'2" - 6'4"	185-205	47	42	43	32	23
XX-LARGE	64	6'4" - 6'6"	215-235	48	43	44	34	24
XXX-LARGE	68	6'6" - 6'8"	250-275	49	43	45	35	25

Learn more about [other base & mid layers](#) by [PCI Race Radios](#) on our website.