

# STANDARD SIZE GUIDE FOR ARCEM & DOHEMA PANTS

(Note : Does NOT apply to our 16th century Pluderhose - see the dedicated size chart))



## Waist Circumference (J)



Measure around the area where the waistband of your trousers or jeans naturally sits

(as shown in the image)

## Hip Circumference (K)



Measure around the fullest part of the hips

## Total Length (L)



Measure from the waistband of your trousers or jeans down to 20 cm below the knee

(as shown in the image)

## Thigh Circumference (M)



Measure as shown around the widest part of the thigh

The measurements shown in the size chart are **YOUR BODY** measurements, not the pants measurements.

The knickers are designed to fit size ranges based on these measurements.

Look up the measures closest to your own on the chart.

If you are between sizes, choose the larger of the two.

If your measurements are too far from a standard size or if you have an atypical body shape, you can order a made-to-measure (custom) pair - see the separate instructions for custom pants.

## Instructions for Taking Your Measurements

To ensure the best possible fit for your pants, please follow these instructions carefully:

### 1. Use the Reference Images:

Each measurement point is illustrated with images showing you where and how to measure. Please follow these images as closely as possible for reliable results.

### 2. Measure Accurately - Without Additions:

Do not add extra centimetres to your measurements. Measure your body as it is, standing upright, breathing normally. We will add the necessary allowances for comfort, mobility and padding during manufacture.

### 3. Clothing to Wear During Measurement:

Wear a T-shirt and classic trousers/jeans for the measurements.

If you wear protective gear under your pants, please wear it during the measurements to ensure a good fit.

### 4. Units of Measurement:

All measurements must be taken in centimetres (cm). If you must measure in inches, divide the resulting measure by 2.54 and round to the nearest half cm.

### 5. Get help if needed :

For best results, ask someone to help you take the measurements.

Standard Sizes (All measurements in cm - 1 inch = 2,54 cm)

	XS	S	M	L	XL	XXL
<b>Waist Circumference (J)</b>	76-84	84-88	88-92	100-108	108-116	116-124
<b>Hip Circumference (K)</b>	91	104	108	112	117	122
<b>Total Length (L)</b>	66	73	75	75	77	79
<b>Thigh Circumference (M)</b>	64	67	70	73	76	79