

Arc'teryx LEAF Sizing Information

The measurements outlined in the Sizing Charts below refer to your own body measurements unless otherwise specified.

Product Layering Information

Our garments and products are designed to work with each other as part of an integrated layering system. It is therefore not necessary to order mixed size-ranges of garments. Instead, choose your garments based on your body size and the suggested size-range for your dimensions. For example, a size medium base layer piece will fit underneath a medium mid layer piece, which will fit underneath a medium outer layer shell or halfshell jacket.

Men's Sizing Charts

- Men's Jacket/Shirt Sizing
- Men's Pant Sizing
- Unisex Sizing
- Men's Harness Sizing
- Men's Pack Sizing
- Men's Glove Sizing
- Unisex Glove Sizing
- Hat Sizing
- Unisex Sock Sizing

How to Find Your Measurements

Sleeve:

With your arms in a slightly bent position, measure from the centre of the back of your neck, along the length of your arm, to the wrist

Chest/Bust:

Measure around your chest/bust, holding the measuring tape under your armpit

Waist:

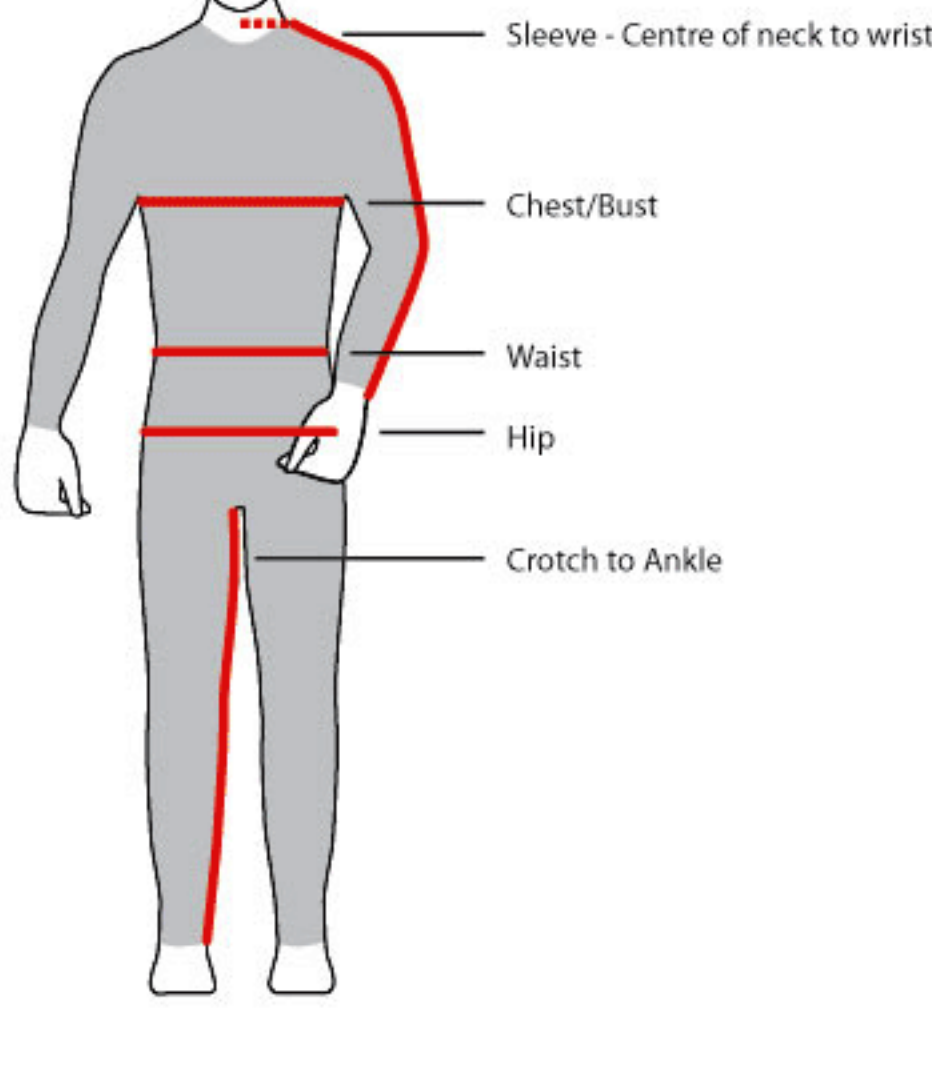
Measure around your waist at the narrowest part

Hip:

Measure around your hips at the widest part

Crotch to Ankle:

From a standing position, measure from your crotch to your ankle



Men's Jacket/Shirt Sizing

Calculate your own body measurements, then select your product size.

Top

BODY Size	X-Small		Small		Medium		Large		X-Large		XX-Large	
	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
Chest	36	94	38	97	40	102	43	109	46	117	50	127
Waist	29	74	31	79	33	84	36	91	39	99	43	109
Hip	36	91	38	97	40	102	43	109	46	117	50	127
Sleeve	32	81	33	84	34	86	35	89	36	91	37	94

Men's Pant Sizing

Actual pant length will vary according to product end use.

PANT Size	X-Small		Small		Medium		Large		X-Large		XX-Large	
	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
Waist	29	74	31	79	33	84	36	91	39	99	43	109
Hip	36	91	38	97	40	102	43	109	46	117	50	127

Crotch to Ankle **Your own body measurements**

Your Measurements Regular 30 1/2 77 30 1/2 77 30 1/2 77 31 1/8 79 31 1/8 79 32 3/8 82

Numerical Pant Sizing

Several models of Arc'teryx pants are sized numerically and may be available in different inseam lengths.

Please refer to the specific product page to see which waist size and inseam lengths are available for your product.

Unisex Sizing

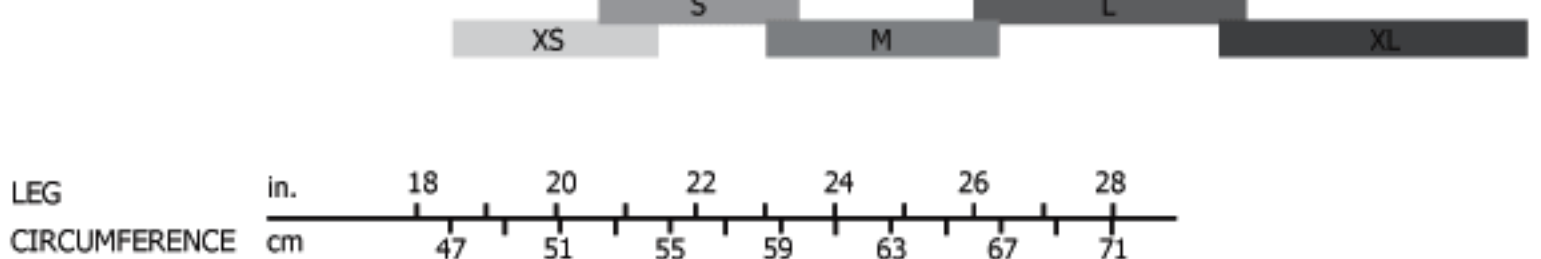
Calculate your measurements, then select your product size.

Size	X-Small		Small		Medium		Large		X-Large		XX-Large	
	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
Your Measurements												
Chest	34	86	37	94	40	102	43	109	46	117	50	127
Waist	27	69	30	76	33	84	36	91	39	99	43	109
Hip	36	89	38	94	40	102	43	109	46	117	50	127
Sleeve	30 1/2	77	32 1/4	82	34	86	35	89	36	91	37	94

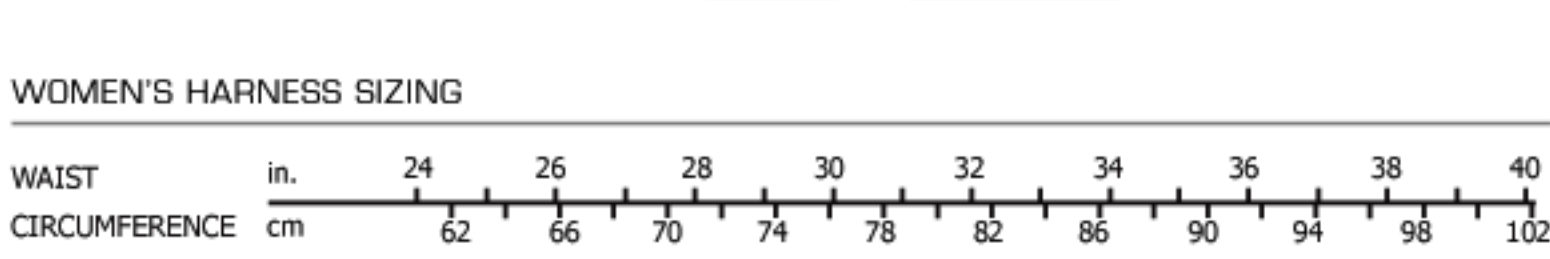
Harness Sizing Chart

Size ranges are guidelines only and will vary with the type of clothing worn during measurement. Harnesses fit differently on different individuals even when measurements are the same sizes and are based on actual body dimensions.

MEN'S HARNESS SIZING



WOMEN'S HARNESS SIZING



Pack Sizing Chart

Men's/Unisex Pack Sizing Chart

Short [SRT], Regular [REG] & Tall [TALL]

Back Length	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
	14	35.5	15	38	16	40.5	17	43	18	45.5	19	48	20	50.5	21	53
	MEN'S/UNISEX - SHORT [SRT]						MEN'S/UNISEX - TALL [TALL]									
	MEN'S/UNISEX - REGULAR [REG]															

Men's/Unisex Pack Sizing Chart

Short/Regular [SHR] and Regular/Tall [RT]

Back Length	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
	14	35.5	15	38	16	40.5	17	43	18	45.5	19	48	20	50.5	21	53
	MEN'S/UNISEX - SHORT/REGULAR [SHR]						MEN'S/UNISEX - REGULAR/TALL [RT]									

HIPBELT SIZING

	Small		Medium		Large			
	inch	cm	inch	cm	inch	cm		
Men's	29	1/2-34	1/2	75-88	32-37	81-94	36-41	91-104

Glove Sizing Chart

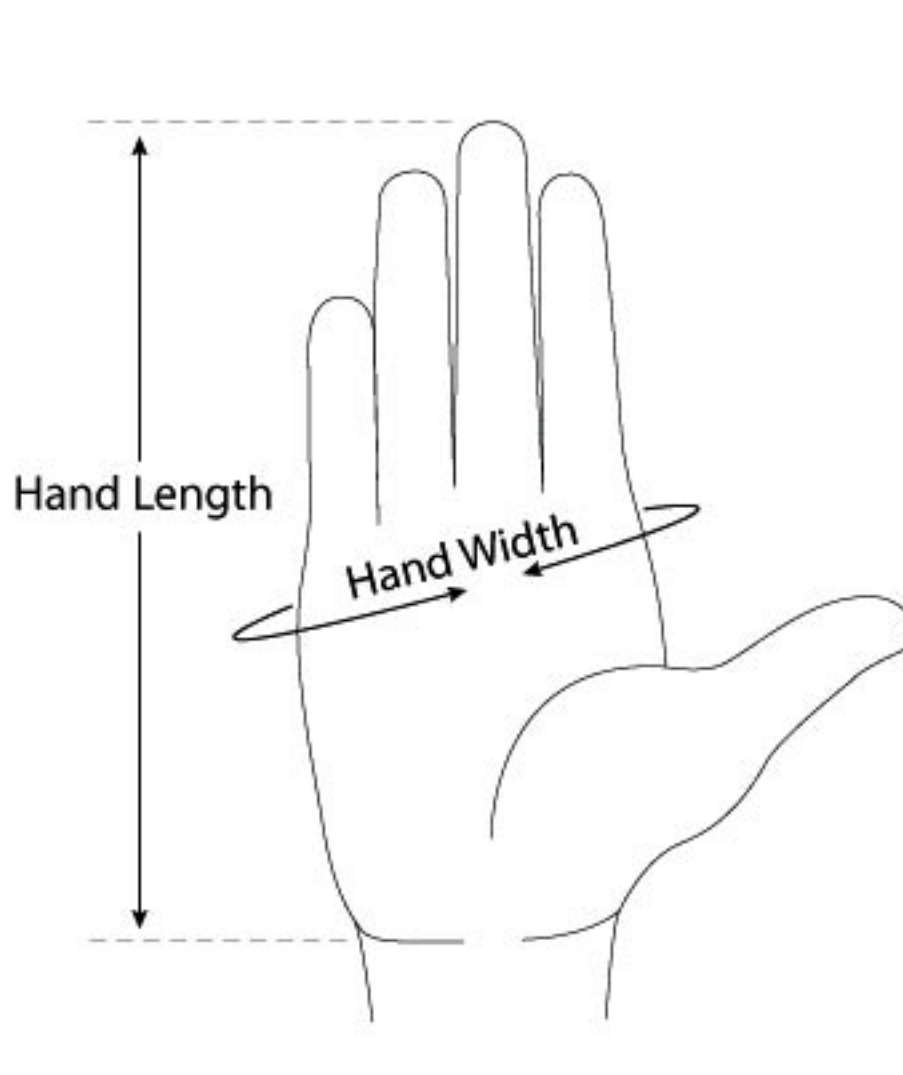
How to Find Your Measurements

Length:

With your hand open, measure from the tip of your middle finger, down to the crease at the base of your palm

Width:

With your hand open, measure around the circumference of your hand, at the base of your knuckles



Men's Glove Sizing

Calculate your measurements, then select your product size.

Size	X-Small		Small		Medium		Large		X-Large	
Your Measurements	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
Hand Width	7.6-7.9	19.2-20	7.9-8.2	20-20.9	8.2-8.6	20.9-21.8	8.6-8.9	21.8-22.6	8.9-9.3	22.6-23
Hand Length	7.0-7.2	17.8-18.4	7.2-7.5	18.4-19	7.5-7.7	19-19.6	7.7-8	19.6-20.2	8-8.2	20.2-20

Unisex Glove Sizing

Calculate your measurements, then select your product size.

Size	X-Small		Small		Medium		Large		X-Large	
Your Measurements	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
Hand Width	7.3-7.6	18.5-19.4	7.8-8.1	19.7-20.6	8.2-8.6	20.9-21.8	8.6-8.9	21.8-22.6	8.9-9.3	22.6-23
Hand Length	7.0-7.2	17.8-18.4	7.2-7.5	18.4-19	7.5-7.7	19.0-19.6	7.7-8.0	19.6-20.2	8.0-8.2	20.2-20

Hat Sizing Chart

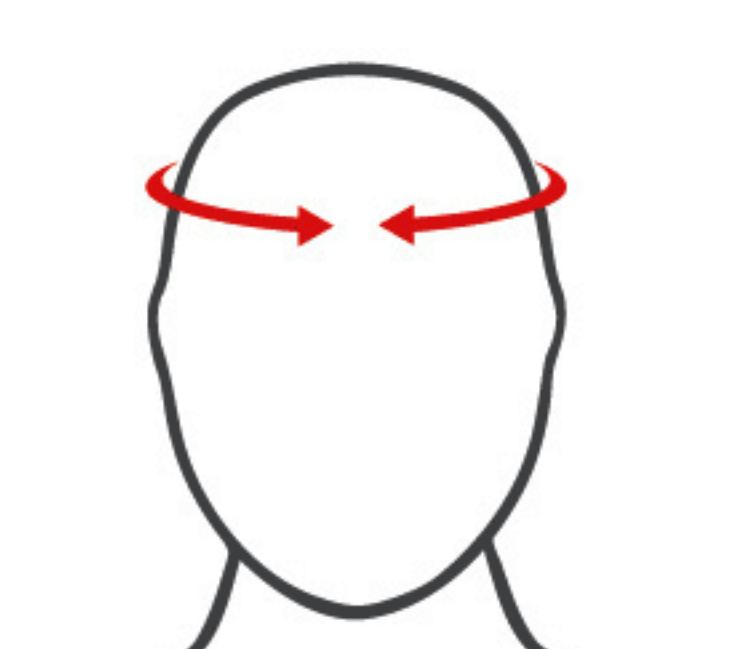
Use the following information to help you find your head measurements, then select the relevant hat size from the table below.

How to Find Your Head Measurements

Circumference:

Head sizing is based on the circumference around the head.

Measure the distance around the widest part of your head, then reference the table below to find out your required size.



Calculate your measurements, by measuring around your head, then select your product size.

Size	Small-Medium		Large-XLarge					
Your Measurements	inch	cm	inch	cm				
Head Circumference	21.7	22.4	55	57	22.8	22.6	58	60

Dry Sock Sizing

Calculate your measurements, then select your product size. Shoe sizes are based on the US shoe size.

Size	X-Small		Small		Medium		Large		X-Large		XX-Large	
	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm	inch	cm
Men's Shoe Size (US)	4.5-6		6.5-8		8-9.5		9.5-11		11-12.5		12.5-14	
Women's Shoe Size (US)	6-7.5		8-9.5		9.5-11		11-12.5		--		--	