



Helikon-Tex Pants Sizing Guide

Size EU	Size US	Inseam	Waist (approx)	Outer Seam/Length
S-Short	30/30	30" (76cm)	80cm	40.2" (102cm)
S-Reg	30/32	32" (81cm)	80cm	42.7" (108.5cm)
S-Long	30/34	34" (86cm)	80cm	44.9" (114cm)
M-Short	32/30	30" (76cm)	85cm	40.4" (102.6cm)
M-Reg	32/32	32" (81cm)	85cm	42.9" (109cm)
M-Long	32/34	34" (86cm)	85cm	45.1" (114.5cm)
L-Short	34/30	30" (76cm)	90cm	40.6" (103cm)
L-Reg	34/32	32" (81cm)	90cm	43.1" (109.5cm)
L-Long	34/34	34" (86cm)	90cm	45.3" (115cm)
XL-Short	36/30	30" (76cm)	95cm	40.8" (103.6cm)
XL-Reg	36/32	32" (81cm)	95cm	43.3" (110cm)
XL-Long	36/34	34" (86cm)	95cm	45.5" (115.5cm)
XXL-Short	38/30	30" (76cm)	100cm	41" (104cm)
XXL-Reg	38/32	32" (81cm)	100cm	43.5" (110.5cm)
XXL-Long	38/34	34" (86cm)	100cm	45.7" (116cm)
3XL-Short	40/30	30" (76cm)	105cm	41.2" (104.6cm)
3XL-Reg	40/32	32" (81cm)	105cm	43.7" (111cm)
3XL-Long	40/34	34" (86cm)	105cm	45.9" (116.5cm)
4XL-Short	42/30	30" (76cm)	110cm	42" (106.6cm)
4XL-Reg	42/32	32" (81cm)	110cm	44.5" (113cm)
4XL-Long	42/34	34" (86cm)	110cm	46.9" (119cm)

