



Chest

Waist

Hips

Leg length

Easy Fit

More generous fit.

## Páramo Men's and Unisex EASY FIT Size Guide

	SIZE	XS	S	M	L	XL	XXL
<b>UPPER BODY</b>							
Trek & Travel & Cambia Baselayers	<b>Chest</b>	– –	97cm 38"	101cm 40"	109cm 43"	117cm 46"	125cm 49"
Jackets*, Smocks, Fleece & Halcon Waistcoat/Traveller	<b>Chest</b>	93cm 36.5"	97cm 38"	101cm 40"	109cm 43"	117cm 46"	125cm 49"
Unisex Poncho**	<b>Chest</b>		101cm 40"		125cm 49"		
<b>UNDERWEAR</b>							
Cambia Underwear & Grid Long Johns	<b>Waist</b>	– –	76cm 30"	81cm 32"	91cm 36"	101cm 40"	111cm 44"

Garments are specified using metric measurements, therefore the metric measurements in this chart are the most accurate. Imperial equivalents are rounded to the nearest half number. Measurements in the chart relate to body rather than garment measurements – thus, for example, a leg length measurement given here is for a person's leg length, not the actual leg length of the garment to reflect the fact that our garments are designed specifically for a number of different activities.

\*The Torres Alturo Jacket is designed to be worn over a Páramo Directional Waterproof outer and has been sized accordingly.

\*\*The Poncho has been designed so that it can be worn over a rucksack and as such has a long back. When worn without a rucksack size S/M will fit a person of up to a height of 1.65m (5ft 5") and L/XL will fit a person taller than 1.65m (5ft 5"). The centre back length of the Poncho's two sizes differs by 15cm.



Chest

Waist

Hips

Leg length

Easy Fit

More generous fit.

## Páramo Men's and Unisex EASY FIT Size Guide

SIZE		S	M	L	XL	XXL
<b>LEGWEAR</b>						
Cascada II & Quito Trousers	<b>Waist</b>	81cm 32"	86cm 34"	91cm 36"	96cm 38"	101cm 40"
	<b>Short Leg</b>	74cm 29"	74cm 29"	74cm 29"	74cm 29"	– –
	<b>Regular Leg</b>	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"
	<b>Long Leg</b>	84cm 33"	84cm 33"	84cm 33"	– –	– –
Maui Trousers & Shorts and Malabar Trousers	<b>Waist</b>	76cm 30"	81cm 32"	91cm 36"	101cm 40"	111cm 44"
	<b>Shorter Short Leg</b>	– –	74cm 29"	74cm 29"	– –	– –
	<b>Regular Leg</b>	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"
	<b>Long Leg</b>	– –	– –	84cm 33"	– –	– –

Please note: Cascada II come in a choice of leg lengths. Quito Trousers come in regular leg only.

Please note: Shorts come in one length only.

SIZE	30	32	34	36	38	40	42	
<b>LEGWEAR</b>								
Montero Trousers	<b>Waist</b>	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	101cm 40"	106cm 42"
	<b>Short Leg</b>	– –	– –	74cm 29"	74cm 29"	– –	– –	– –
	<b>Regular Leg</b>	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"
	<b>Long Leg</b>	– –	84cm 33"	84cm 33"	84cm 33"	84cm 33"	– –	– –

SIZE	30	32	34	36	38	40	
<b>LEGWEAR</b>							
Velez Adventure	<b>Waist</b>	76cm 30"	81cm 32"	86cm 34"	91cm 36"	96cm 38"	101cm 40"
	<b>Short Leg</b>	– –	74cm 29"	74cm 29"	74cm 29"	– –	– –
	<b>Regular Leg</b>	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"	79cm 31"
	<b>Long Leg</b>	– –	84cm 33"	84cm 33"	84cm 33"	– –	– –

Garments are specified using metric measurements, therefore the metric measurements in this chart are the most accurate. Imperial equivalents are rounded to the nearest half number. Measurements in the chart relate to body rather than garment measurements – thus, for example, a leg length measurement given here is for a person's leg length, not the actual leg length of the garment to reflect the fact that our garments are designed specifically for a number of different activities.



Chest

Waist

Hips

Leg length

**Athletic Fit**Fits closely to  
body contours.

## Páramo Men's and Unisex ATHLETIC FIT Size Guide

	SIZE	XS	S	M	L	XL	XXL	XXXL		
<b>UPPER BODY</b>										
Cambia, Tempo & Grid Technic Baselayers	<b>Chest</b>	–	–	97cm 38"	101cm 40"	109cm 43"	117cm 46"	125cm 49"	–	–
Ostro Fleece & Windproof Jacket, Quito, Velez & Enduro Jackets	<b>Chest</b>	–	–	97cm 38"	101cm 40"	109cm 43"	117cm 46"	125cm 49"	–	–
Enduro Fleece & Windproof Jacket, Ciclo Jacket	<b>Chest</b>	–	–	97cm 38"	101cm 40"	105cm 41.5"	109cm 43"	113cm 44.5"	–	–
<b>LEGWEAR</b>										
Enduro Tour Trousers	<b>Waist</b> Regular <b>Leg</b>	76cm 30" 79cm 31"	81cm 32" 79cm 31"	86cm 34" 79cm 31"	91cm 36" 79cm 31"	96cm 38" 79cm 31"	101cm 40" 79cm 31"	111cm 44" 79cm 31"		

Garments are specified using metric measurements, therefore the metric measurements in this chart are the most accurate. Imperial equivalents are rounded to the nearest half number. Measurements in the chart relate to body rather than garment measurements – thus, for example, a leg length measurement given here is for a person's leg length, not the actual leg length of the garment to reflect the fact that our garments are designed specifically for a number of different activities.