

sizing guide (cm)

The Native Spirit size guide for men, women and children will help you choose the right size and create an eco-friendly wardrobe suited to your body type.

Take your measurements on the body itself, without over-tightening. If you're between sizes, go for the larger size.

Measure the breasts at the fullest part and, if possible, with your bra on.

Measure the waist at the narrowest part of the waist.

Measure the hips at the widest part of the hips.

Measure the legs from the top of the crotch to the ground.

MEN / UNISEX

TOPS

Size	XXS	XS	S		M	L	XL		XXL	3XL		4XL		5XL
Size FR	42	44	46	48	50	52	54	56	58	60	62	64	66	
Chest to fit	82-86	86-90	90-94	94-98	98-102	102-106	106-110	110-114	114-118	118-122	122-126	126-130	130-134	
Waist size	66-70	70-74	74-78	78-82	82-86	86-90,5	90,5-95,5	95,5-100,5	100,5-105,5	105,5-110,5	110,5-115,5	115,5-120,5	120,5-125,5	
Collar	34-35	35-36	36-37	37-38	38-39	39-40	40-41	41-42	42-43	43-44	44-45	45-46	46-47	

TROUSERS & SHORTS

Size	XXS	XS	S		M	L	XL		XXL	3XL		4XL		5XL
Size FR	34	36	38	40	42	44	46	48	50	52	54	56	58	
Waist size	66-70	70-74	74-78	78-82	82-86	86-90,5	90,5-95,5	95,5-100,5	100,5-105,5	105,5-110,5	110,5-115,5	115,5-120,5	120,5-125,5	
Hip circumference	86,75-89,25	89,25-91,75	91,75-94,25	94,25-96,75	96,75-99,25	99,25-101,5	101,5-103,5	103,5-105,5	105,5-107,5	107,5-109,5	109,5-111,5	111,5-113,5	113,5-115,5	
Crotch	79,3-79,7	79,7-80,1	80,1-80,5	80,5-80,9	80,9-81,3	81,3-81,7	81,7-82,1	82,1-82,5	82,5-82,9	82,9-83,3	83,3-83,7	83,7-84,1	84,1-84,5	

LADIES

TOPS

Size	XS		S	M	L		XL		XXL	3XL	
Size FR	32	34	36	38	40	42	44	46	48	50	
Chest to fit	76-80	80-84	84-88	88-92	92-96	96-100	100-104	104-108	108-112	112-116	
Waist size	54,5-59,5	59,5-64,5	64,5-69,5	69,5-74,5	74,5-79,5	79,5-84,5	84,5-89,5	89,5-94,5	94,5-99,5	99,5-104,5	
Collar	29,1-30	30-30,9	30,9-31,8	31,8-32,7	32,7-33,6	33,6-34,5	34,5-35,4	35,4-36,3	36,3-37,2	37,2-38,1	

TROUSERS & SHORTS

Size	XS		S	M	L		XL		XXL	3XL	
Size FR	32	34	36	38	40	42	44	46	48	50	
Waist size	54,5-59,5	59,5-64,5	64,5-69,5	69,5-74,5	74,5-79,5	79,5-84,5	84,5-89,5	89,5-94,5	94,5-99,5	99,5-104,5	
Hip circumference	83,75-87,25	87,25-90,75	90,75-94,25	94,25-97,75	97,75-101,25	101,25-104,75	104,75-108,25	108,25-111,75	111,75-115,25	115,25-118,75	

KIDS

Size	2/4 YEARS	4/6 YEARS	6/8 YEARS	8/10 YEARS	10/12 YEARS	12/14 YEARS
Size	92-104	104-116	116-128	128-140	140-152	152-164

