

### MENS UNISUITS

JL Size	Chest inches	Height	Weight lbs
XSmall	31-36	5'2" – 5'6"	95 – 125
Small	35-38	5'4" - 5'8"	120 - 140
Small Long	35-38	5'7 - 5'11	125 - 145
Medium	37-40	5'7 - 6'0	140 - 175
Medium Long	37-40	5'10 - 6'3	150 -180
Large	40-43	6'0 - 6'4	175 - 200
XL	43-45	6'1 - 6'5	195 - 220
XXL	45-48	6'3 - 6'7	215 – 230

### WOMENS UNISUITS

JL Size	UK Size	Height	weight lbs
XSmall	8	4'9 – 5'3	90-120
Small	10	5'3 -5'6	110-130
Small Long	10	5'5 – 5'9	120-140
Medium	12-14	5'5 – 5'9	130-160
Medium Long	12-14	5'8 – 6'1	140-170
Large	14-16	5'8 – 6'1	150-180
XL	18	6'0 – 6'3	170-190

### JL UNISEX TECHTOPS

#### Men Weight (lbs) v Chest (inches)

-	29-34	36-37	38-39	40-41	42-43	44-46
95-120	XS	XS	S	-	-	-
125-135	XS	S	S	-	-	-
140-150	-	S	M	M	-	-
155-165	-	M	M	M-L	L	-
175-185	-	-	L	L	L	XL
185-195	-	-	L	L	L-XL	XL
195-205	-	-	L	XL	XL	XXL
205-215	-	-	-	XL	XL	XXL

#### Women Weight (lbs) & Bra Size

NB: If your chest is proportionally large for your weight you may need to size up.

-	32A-34A	34B	36A	36B	36C	38B	38C
90-110	XS	XS	S	S	-	-	-
110-120	XS	S	S	S	-	-	-
120-130	S	S	S	S	M	-	-
130-140	S	S	S	S-M	M	-	-
140-150	-	S-M	S-M	M	M	-	-
150-160	-	M	M	M-L	M-L	L	-
160-170	-	-	-	M-L	L	L	-
170-180	-	-	-	L	L-XL	XL	XL
180-190	-	-	-	-	XL	XL	XL

### JL UNISEX SHORTS & LEGGINGS

NB: Garments are unisex. Bear in mind ranges can be affected by height and weight

JL Size	Men's Waist (inches)	UK Women (trouser)
XS	29-30	6-8
S	31-32	10-12
M	33-34	14-16
L	35-36	18-20
XL	37-38	22-24
XXL	40	-

### MENS TRACKPANTS

Crewroom Trackpant Size	Men's Waist (inches)	Standard Mens	Inseam
XS	29-30	30"	
S	31-32	31"	
M	33-34	32"	
M Long	33-34	34"	
L	35-36	33"	
L Long	35-36	35"	
XL	37-38	34"	
XXL	40	35"	

### WOMENS TRACKPANTS

Crewroom Trackpant Size	UK Women Trouser Size	Standard Womens Inseam
XS	8	30"
S	10	31"
S Long	10	33"
M	12	32"
M Long	12	34"
L	14	33"
L Long	14	35"
XL	16	34"
XXL	-	-

### UNISEX GARMENTS

Unisex garments are a looser-fit and will be longer in the arm and body than a fitted woman's garment.  
e.g. Hoodies, t-shirts, JL Splashtops, Pertex Jackets

Garment Size	Womens UK Size Unisex Garment	Men Chest Size (inches)
XSmall	10	31-36
Small	12	35-38
Medium	14	37-40
Large	16	40-43
XL	18	43-45
XXL	20	45-48

### MENS & WOMENS FIT GARMENTS

e.g. Poloshirts, Vapour-X Shirts, Gilets, Softshells

Garment Size	Womens UK Size Womens-Fit Garment	Men Chest Size (inches)
XSmall	8	31-36
Small	10	35-38
Medium	12	37-40
Large*	14	40-43
XL*	16	43-45
XXL*	-	45-48

\*Men: if you are 6ft 2" or over and ordering a softshell, you may want to consider one of the longer length

### MENS RUNNING SHORTS

Crewroom Shorts Size	Men's Waist (inches)
S	31-32
M	33-34
L	35-36
XL	37-38

### WOMENS RUNNING SHORTS

Crewroom Shorts Size	UK Women Trouser Size
S	8-10
M	12
L	14
XL	16