

TEAM UP SKIWEAR

SIZE GUIDE

MEN • WOMEN • CHILDREN

BEFORE YOU MEASURE

Use body measurements rather than relying only on age or your usual clothing size. Ski garments need room for movement and layers, and fit can vary by garment style. For Team Up hire, our order form specifically asks for hips rather than waist.

HOW TO MEASURE

Simple measuring guide

Measure in light clothing and keep the tape snug but not tight. For the most accurate result, have someone else take the measurements.

Measurement	How to measure
Chest / bust	Measure around the fullest part of the chest or bust.
Waist	Measure around the waist where trousers would normally sit. Use this for the supplier trouser tables.
Hips	Measure around the fullest part of the hips.
Inside leg	Measure from the crotch to where the trouser leg normally finishes at the ankle.
Height	Stand straight on a level floor and measure from the floor to the top of the head.
Glove size	Measure around the palm at its fullest point; use the hand/palm circumference guide below.

MEN

Men: jackets, tops and outerwear

Use chest measurement as the main guide for jackets, body warmers, mid-layers and T-shirts.

Size	Chest (in)	Chest (cm)
XXS	34	86
XS	36	92
S	38	97
M	40	102
L	42	107

XL	44	112
XXL	47	119
3XL	50	127
4XL	53	135
5XL	56	142

MEN

Men: trouser / salopette reference

Use the waist table below as the supplier trouser reference. For Team Up hire orders, the website form should continue to collect hips rather than waist so the Team Up sizing workflow stays consistent.

Size	Waist (in)	Waist (cm)
XXS	30	76
XS	32	81
S	33	84
M	34	86
L	36	92
XL	38	97
XXL	40	102
3XL	42	107
4XL	44	112
5XL	46	117

Inside leg	Measurement
Short	30 in
Regular	32 in
Long	34 in

MEN

Men: gloves and footwear

Use hand/palm circumference for gloves and normal UK shoe size for footwear.

Glove size	Palm circumference (in)	Palm circumference (cm)
S	6.5–7.5	16.5–19
M	7.5–8.5	19–21.5
L	8.5–9.5	21.5–24
XL	9.5–10.5	24–26.5

UK footwear	EU
6	39
7	41
8	42
9	43
9.5	44
10	45
11	46
12	47

WOMEN

Women: jackets, fleeces and tops

Use bust measurement as the main guide for women's jackets, body warmers, fleeces, shirts and T-shirts.

Size	Bust (in)	Bust (cm)	UK
XXS	30	76	6
XS	32	81	8
S	34	86	10
M	36	91	12
L	38	97	14
XL	40	102	16
XXL	42	107	18
3XL	44	112	20
4XL	47	120	22
5XL	49	125	24
6XL	51	130	26
7XL	53	135	28

WOMEN

Women: trousers

Use the waist and UK size reference below for supplier trouser sizing. For Team Up hire, continue to collect hips in the customer form as currently specified.

Size	Waist (in)	Waist (cm)	UK
XXS	24	61	6
XS	25	63.5	8
S	27	68.5	10
M	29	74	12
L	31	79	14
XL	33	84	16
XXL	36	91	18

3XL	38	96	20
4XL	41	104	22
5XL	43	109	24
6XL	45	114	26
7XL	47	120	28

Inside leg	Measurement
Short	29 in
Regular	31 in
Long	33 in

WOMEN

Women: gloves and footwear

Use palm circumference for gloves and UK shoe size for footwear.

Glove size	Palm circumference (in)	Palm circumference (cm)
XS	6.5	16.5
S	7	17.5
M	7.5	19
L	8–8.5	20.5–21.5

UK footwear	EU
3	36
4	37
5	38
6	39
6.5	40
7	41
8	42

CHILDREN

Children: general jacket & trouser sizing

For children, height is an especially useful guide. The supplier guidance notes that children's clothes allow room for growth, so height can be more reliable than age alone.

Age	Height (cm)	Chest (cm)	Waist (cm)	EU
2 years	92	53–55	52–53	92
3–4 years	98–104	55–57	53–54	104
5–6 years	110–116	59–61	55–57	116
7–8 years	122–128	63–67	58–60	128
9–10 years	135–140	69–73	61–64	140
11–12 years	146–152	75–79	66	152
13 years	152–158	79–83	68	158
14 years	158–164	83–85	70	164
15–16 years	170–176	87–89	71–74	170–176

CHILDREN

Girls: general sizing

Girls use a closely aligned height framework, with bust/chest and waist measurements varying slightly in the older age ranges.

Age	Height (cm)	Chest/Bust (cm)	Waist (cm)	EU
2 years	92	53–55	52–53	92
3–4 years	98–104	55–57	53–54	104
5–6 years	110–116	59–61	55–57	116
7–8 years	122–128	63–67	58–60	128
9–10 years	135–140	69–73	60–62	140
11–12 years	146–152	74–77	64	152
13 years	152–158	77–79	66	158
14 years	158–164	81–83	68	164
15–16 years	170–176	85–87	69–71	170–176

CHILDREN

Children: gloves, hats and footwear

Use age and palm circumference for gloves, and UK/EU size for footwear. For Team Up ski hire, the child's height, chest/bust, hips and glove measurement should be entered on the order form as requested.

Glove group	Age	Palm circumference (cm)
Ski/cycle gloves	4–5 years	12.5–14
Ski/cycle gloves	6–7 years	14
Ski/cycle gloves	8–10 years	15.5–16.5
Ski/cycle gloves	11–13 years	16.5
Ski/cycle gloves	13+ years	18

Kids footwear UK	EU
8	27
9	28
10	29
11	30
12	31
13	32
1	33
2	34
2.5	35
3	36
4	37
5	38
6	39

TEAM UP HIRE FORM

When completing a Team Up ski-hire request, please enter height, chest/bust or clothes size, hips (not waist), shoe size and glove measurement. If you are unsure which size to choose, contact Team Up before submitting the form.

HELP

Not sure which size to choose?

If you are between sizes or your measurements do not line up neatly with a table, do not guess. Team Up can help with sizing before you submit your skiwear form.

CONTACT TEAM UP

07771 641 059 • miki@teamupskiwear.com • Unit 9, New Farm Buildings, Drift Road, Maidenhead, Berkshire, SL6 3ST