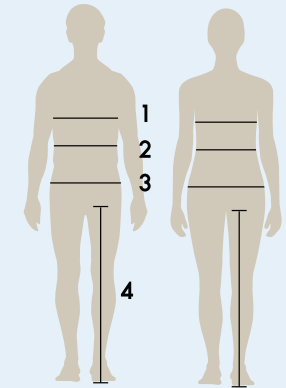


BODY MEASUREMENT

SIZE GUIDE MEN							
XS-XXXL	XS	S	M	L	XL	XXL	XXXL
REGULAR	46	48	50	52	54	56	58
INCH AT WAIST	30-31	31-32	33	34	36-37	38-39	40-41
Chest (cm)	90-93	94-97	98-101	102-105	106-110	111-115	114-120
Waist (cm)	76-79	80-83	84-87	88-91	92-95	96-100	101-105
Seat (cm)	89-93	94-98	99-102	103-107	108-112	113-118	119-123
Inseam (cm)	81	82	83	84	85	86	86
Inseam (inch)	32	32	33	33	34	34	34

SIZE GUIDE WOMEN							
XS-XXL	XS	S	M	L	XL	XXL	
REGULAR	34	36	38	40	42	44	46
INCH AT WAIST	25	26-27	27-28	29-30	30-31	32-33	34
Chest (cm)	78-83	82-86	85-89	88-94	94-99	98-104	103-108
Waist (cm)	62-65	65-69	70-74	73-77	76-81	81-85	85-90
Seat (cm)	88-90	91-94	95-99	98-102	103-106	107-111	112-116
Inseam (cm)	77	78	79	80	81	81	82
Inseam (inch)	30	30	31	31	32	32	32



- 1 CHEST
- 2 WAIST
- 3 SEAT
- 4 INSEAM

LONG	146	148	150	152	154	156	158
INCH AT WAIST	30-31	31-32	33	34	36-37	38-39	40-41
GERMAN SIZE	94	98	102	106	110	114	118
Waist (cm)	76-79	80-83	84-87	88-91	92-95	96-100	101-105
Seat (cm)	89-93	94-98	99-102	103-107	108-112	113-118	119-123
Inseam (cm) +5cm	86	87	88	89	90	91	91

LONG	34L	36L	38L	40L	42L	44L	46L
INCH AT WAIST	25	26-27	27-28	29-30	30-31	32-33	34
GERMAN SIZE	68	72	76	80	84	88	92
Waist (cm)	62-65	65-69	70-74	73-77	76-81	81-85	85-90
Seat (cm)	88-90	91-94	95-99	98-102	103-106	107-111	112-116
Inseam (cm) +5cm	82	83	84	85	86	86	87

SHORT/ D-SIZES	D96	D100	D104	D108	D112	D116	
INCH AT WAIST	34	36	37-38	39-40	41-42	43	
GERMAN SIZE	24	25	26	27	28	29	
Waist (cm)	86-89	90-93	94-97	98-103	104-107	108-111	
Seat (cm)	102-104	106-108	112-114	116-118	120-122	124-126	
Inseam (cm) -5cm	78	79	80	81	82	83	

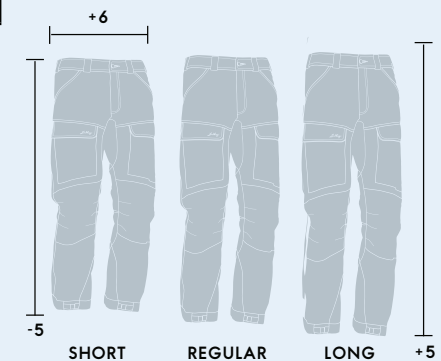
SHORT/ D-SIZES	D17	D18	D19	D20	D21	D22	D23
INCH AT WAIST	26	27-28	29-30	30-31	32-33	34-35	36
GERMAN SIZE	17	18	19	20	21	22	23
Waist (cm)	67-69	70-72	73-76	77-80	81-84	85-88	89-93
Seat (cm)	96-98	99-101	102-104	105-107	108-111	112-115	116-120
Inseam (cm) -5cm	72	73	74	75	76	76	77

LONG/SHORT

Long pants are 5 cm longer than regular but with same waist width as regular.
Short pants are 5 cm shorter than regular and 6 cm wider waist than regular.

SIZE GUIDE JUNIOR					
SIZE/HEIGHT	110/116	122/128	134/140	146/152	158/164
AGE	4-6	6-8	8-10	10-12	12-14
Chest (cm)	57-58	61-64	67-70	73-76	79-82
Waist (cm)	54-55	56-58	59-62	63-66	67-70
Seat (cm)	61-63	66-69	72-75	78-81	84-87
Inseam (cm)	48-51	55-58	62-65	68-71	74-77

SIZE GUIDE CAPS & BEANIES					
SIZE	S/M	L/XL	ONE SIZE	146/152	158/164
BOTTOM WIDTH	56-58	59-61	49-52	10-12	12-14



BOOT GUIDE

Choosing the right size is crucial to how comfortable you will be in your new Lundhags boots. The easiest way to find the right size is to put on a thin sock and measure your foot from heel to toe. Then, add 20 mm and compare with the sizes in the table below

EUROPE	36	37	38	39	40	41	42	43	44	45	46	47	48
UK	3 1/3	4	5	5 2/3	6 1/2	7 1/3	8	9	9 2/3	10 1/2	11 1/3	12	13
MM	246	253	259	266	273	279	286	293	299	306	313	319	326

BECOMING ONE WITH OUR LASTS

A last is the form that is used in the manufacturing of shoes and it is crucial to the fit. For our collection of boots, we work with several different lasts. Each one is slightly different, and it is therefore important to know the differences when choosing a boot. Naturally, it is an individual preference when it comes to how tight you want your boots to be. Furthermore, most of us have a different size on the right and left foot. The key is choosing the size that fits the largest foot best because an overly narrow boot often slows blood circulation and increases the risk of cold feet and blisters.

OPTI WS LAST

This last has the same shape as the Opti last, but over the years has been modified to fit women and smaller sized feet better. It is slightly narrower and higher over the ankle. Models with Opti Ws last include: Mira Ws, Vandra Ws and the unisex style Park up to size 40.

OPTI LAST

This last is somewhat wider and has a lower ankle height to prevent the foot from sliding forward. The toe box has been developed from earlier versions to provide more room for your toes. Models with Opti last include: Jaure, Syncro, Professional, Vandra, Ranger and the unisex style Park from size 41.

REGULAR LAST

This last is an extension of our previous Normal last where the volume has been increased and the big toe joint has become straighter in order to provide extra space. It is suitable for feet with a high instep, which many of us have. Models with Regular-last include: Polar Quest, Husky, Contessa Ws, Professional and Forest.

