



## Páramo Ladies'

## Páramo size guide

SIZE		XS		S		M		L		XL			
<b>TREK &amp; TRAVEL/REVERSIBLE SHIRTS FUERA CREST JACKET</b>	To fit chest up to	INS 34	CMS 86	INS 36	CMS 91	INS 38	CMS 96	INS 40	CMS 101	INS 42	CMS 106		
<b>JACKETS &amp; SMOCKS</b>	To fit chest up to	INS 34	CMS 86	INS 36	CMS 91	INS 38	CMS 96	INS 40	CMS 101	INS 44	CMS 111		
<b>CAMBIA MICRO SHORTS AND BRIEFS</b>	To fit waist up to To fit hips up to	INS 26 36	CMS 66 91	INS 28 38	CMS 71 96	INS 30 40	CMS 76 101	INS 32 42	CMS 81 106	INS 34 44	CMS 86 111		
<b>CAMBIA LONG JOHNS</b>	To fit waist up to To fit hips up to	INS 26 36	CMS 66 91	INS 28 38	CMS 71 96	INS 30 40	CMS 76 101	INS 32 42	CMS 81 106	INS 36 46	CMS 91 116		
<b>CAMBIA UPPER BODY</b>	To fit chest up to	INS 34	CMS 86	INS 36	CMS 91	INS 38	CMS 96	INS 40	CMS 101	INS 42	CMS 106		
<b>LEGWEAR – ELASTICATED WAISTS ASPIRA, CASCADA, AZUMA ACTIVE</b>	To fit waist up to To fit hips up to To fit a shorter short leg length of To fit a short leg length of To fit a regular leg length of To fit a long leg length of	INS 26 36 – 27 29 –	CMS 66 91 – 69 74 –	INS 28 38 25 27 29 –	CMS 71 96 64 69 74 –	INS 30 40 25 27 29 31	CMS 76 101 64 69 74 79	INS 32 42 25 27 29 31	CMS 81 106 64 69 74 79	INS 36 46 – 27 29 –	CMS 91 116 – 69 74 –		
<b>LEGWEAR – FITTED WAISTS ASACHA CARGO TROUSERS &amp; SHORTS AND VELEZ ADVENTURE TROUSERS</b>		INS 26 36 – 29	CMS 66 91 – 74	INS 28 38 27 29	CMS 71 96 69 74	INS 30 40 27 29	CMS 76 101 69 74	INS 32 42 27 29	CMS 81 106 69 74	INS 34 44 27 29	CMS 86 111 69 74		
<b>SIZE</b>		<b>8</b>		<b>10</b>		<b>12</b>		<b>14</b>		<b>16</b>		<b>18</b>	
<b>LEGWEAR – FITTED WAISTS ASACHA CARGO TROUSERS &amp; SHORTS AND VELEZ ADVENTURE TROUSERS</b>		INS 26 36 – 29	CMS 66 91 – 74	INS 28 38 27 29	CMS 71 96 69 74	INS 30 40 27 29	CMS 76 101 69 74	INS 32 42 27 29	CMS 81 106 69 74	INS 34 44 27 29	CMS 86 111 69 74	INS 36 46 – 29	CMS 91 116 – 74

- 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.



## Páramo Men's & Unisex

## Páramo size guide

SIZE		XS		S		M		L		XL		XXL	
<b>TREK &amp; TRAVEL/REVERSIBLE SHIRTS</b>	To fit chest up to	INS 36.5	CMS 93	INS 38	CMS 97	INS 40	CMS 101	INS 43	CMS 109	INS 46	CMS 117	INS 49	CMS 125
<b>JACKETS, *SMOCKS &amp; FLEECEs</b>	To fit chest up to	INS 36.5	CMS 93	INS 38	CMS 97	INS 40	CMS 101	INS 43	CMS 109	INS 46	CMS 117	INS 49	CMS 125
<b>CAMBIA UNDERWEAR</b>	To fit waist up to	INS –	CMS –	INS 30	CMS 76	INS 32	CMS 81	INS 36	CMS 91	INS 40	CMS 101	INS 44	CMS 111
<b>CAMBIA UPPER BODY</b>	To fit chest up to	INS –	CMS –	INS 38	CMS 97	INS 40	CMS 101	INS 43	CMS 109	INS 46	CMS 117	INS 49	CMS 125
<b>LEGWEAR – ELASTICATED WAISTS</b> ASPIRA, CASCADA, MERAPI ACTIVE, FUERA AND STRETCH PANTS	To fit waist up to To fit a shorter short leg length of To fit a short leg length of To fit a regular leg length of To fit a long leg length of	INS 28 – – – –	CMS 71 – – – –	INS 30 – – 28.5 –	CMS 76 – – 72 –	INS 32 27 28.5 30 31.5	CMS 81 68 72 76 80	INS 36 28.5 30 31.5 33	CMS 91 72 76 80 84	INS 40 28.5 30 31.5 33	CMS 101 72 76 80 84	INS 44 – – 31.5 –	CMS 111 – – 80 –
<b>LEGWEAR – ADJUSTABLE WAISTS</b> *PÁJARO TROUSERS	To fit waist up to To fit a regular leg length of	INS – –	CMS – –	INS 32 31	CMS 81 79	INS 34 31	CMS 86 79	INS 36 31	CMS 91 79	INS 38 31	CMS 96 79	INS 40 31	CMS 101 79
<b>OVERLAYERING TROUSERS</b> *TORRES TROUSERS	To fit waist up to To fit a regular leg length of	INS 28 31	CMS 71 79	INS 30 31	CMS 76 79	INS 32 31	CMS 81 79	INS 36 31	CMS 91 79	INS 40 31	CMS 101 79	INS – –	CMS – –
SIZE		30		32		34		36		38		40	
<b>LEGWEAR – FITTED WAISTS</b> VELEZ ADVENTURE TROUSERS MAUI CARGO TROUSERS & SHORTS QUITO TROUSERS	To fit waist up to To fit a short leg length of To fit a regular leg length of To fit a long leg length of	INS 30 29 31 –	CMS 76 74 79 –	INS 32 29 31 33	CMS 81 74 79 84	INS 34 29 31 33	CMS 86 74 79 84	INS 36 29 31 33	CMS 91 74 79 84	INS 38 29 31 33	CMS 96 74 79 84	INS 40 – 31 33	CMS 101 – 79 84

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- \* The Torres Smock, Jacket and Trousers are designed to be worn over a Páramo Directional Waterproof outer and have been sized accordingly.