

**ENDURA**

MEN'S SIZE GUIDE										
Size			XS	S	M	L	XL	XXL	XXXL	XXXXL
Chest A	inches		35 - 37	37 - 39	39 - 41	41 - 43	43 - 45	45 - 47	47 - 49	49 - 51
	cm		89 - 94	94 - 99	99 - 104	104 - 109	109 - 114	114 - 119	119 - 124	124 - 129
Waist B	inches		29 - 31	31 - 33	33 - 35	35 - 37	37 - 39	39 - 41	41 - 43	43 - 45
	cm		74 - 79	79 - 84	84 - 89	89 - 94	94 - 99	99 - 104	104 - 109	109 - 114
Gloves F	cm		7	8	9	10	11	12		

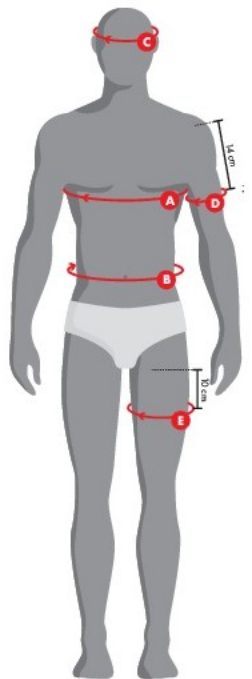
WOMEN'S SIZE GUIDE									
Size			XXS	XS	S	M	L	XL	XXL
Chest A	inches		30 - 31	32 - 33	34 - 35	36 - 37	38 - 39	40 - 41	42 - 43
	cm		77 - 80	81 - 86	87 - 90	91 - 95	96 - 100	101 - 105	106 - 115
Waist B	inches		25 - 26	27 - 28	29 - 30	31 - 32	33 - 34	35 - 36	37 - 38
	cm		64 - 67	68 - 72	73 - 78	79 - 83	84 - 87	88 - 92	93 - 97
Dress Size	UK		6/8	8/10	10/12	12/14	14/16	16/18	18/20
Gloves F	cm		6.5	7	7.5	8	8.5	9	9.5

CHILDREN'S SIZE GUIDE					
Age [Size]		7 - 8 (S)	9 - 10 (M)	11 - 12 (L)	13 - 14 (XL)
Height	cm	122 - 128	134 - 140	146 - 152	158 - 164
Gloves F	cm	6cm	6.5cm	7cm	7.5cm

HELMET SIZE GUIDE							
Size		S - M	M - L	L - XL	EasyFit S-M	EasyFit L-XL	Kids
Head C	inches	20 - 22	21.5 - 23.25	22.75 - 24.75	20 - 22.5	22.5 - 24.75	20 - 22
Circumference	cm	51 - 56	55 - 59	58 - 63	51 - 57	57 - 63	51 - 56

WARMER / PROTECTOR SIZE GUIDE								
Arm / Elbow Covers		S - M	M - L	L - XL		S - M	M - L	L - XL
Bicep* D	cm	up to 30	30-35	over 35		up to 52	52-60	over 60
Leg / Knee Covers		S - M	M - L	L - XL		S - M	M - L	L - XL
Thigh** E	cm	up to 52	52-60	over 60				over 57
Thigh** E	cm	up to 57		over 57				

SOCK & OVERSHOE SIZE GUIDE						
Size		S	M	L	XL	XXL
Shoe Size [approx.]	UK	5 - 6.5	7 - 8.5	9 - 10.5	11 - 12.5	13 - 14.5
	EU	37 - 39.5	40 - 42	42.5 - 44.5	45 - 47	47.5 - 49.5
	US	5.5 - 7	7.5 - 9	9.5 - 11	11.5 - 13	13.5 - 15
Sock Length G	Socks	Trainer	Low	Mid	High	Knee
	cm	up to 6	6-12	12-15	16-20	Over 30



*Bicep circumference: Measure the full circumference of the bicep 14cm down the arm from the outer edge of the shoulder bone.

**Thigh circumference: Measure the full circumference of the thigh 10cm down from the crotch.

ENDURA SHOE SIZE CHART													
UK	5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	12
EU	38	39	40	41	41.5	42	42.5	43	44	45	45.5	46	47
US	6	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13

There are some simple rules to follow when washing your Endura garments, to ensure a long life for the garment and that they are cleaned effectively without damaging their technical properties.

- After use, do not leave the garment rolled up in a wet state, as this will encourage bacteria and mould, membrane delamination and/or colour migration.
- Always follow the washing instructions on the garment label, if these cannot be found, then you can contact CS@endura.co.uk
- All garments that can be machine washed should be washed at 30°.

- Always wash dark colours separately.
- Do not use fabric conditioner as this will damage the adhesion of seam tapes on waterproof fabrics and can also damage DWR [Durable Water Repellency] coatings.
- Do not tumble dry. Instead, drip dry naturally but avoid drying in direct strong sunlight.
- Do not dry clean.

To reactivate the DWR [Durable Water Repellency] on waterproof garments, use a cool iron setting, if that is permitted on the care label. Garments can also be reproofed using waterproofing agents such as Nikwax or

Granger's. Always follow the application instructions. The garment should be clean and dry before starting this process. Be sure to avoid areas that are not made of fabric (eg. buttons and zippers) and stand well back to avoid inhaling chemicals. Also be aware that these products may be flammable.

