



Parámo size guide

Parámo Men's & Unisex

	SIZE											
	XS		S		M		L		XL		XXL	
TREK & TRAVEL/REVERSIBLE SHIRTS	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
To fit chest up to												
JACKETS, *SMOCKS & FLEECEES	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
To fit chest up to												
TROUSERS WITH ELASTICATED WAISTBANDS PLEASE NOTE: ASPIRA SALOPETTES, CASCADAS & MERAPI VENTS ONLY COME IN THESE LEG LENGTHS	INS -	CMS -	INS 30	CMS 76	INS 32	CMS 81	INS 36	CMS 91	INS 40	CMS 101	INS 44	CMS 111
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												
MERU SHORTS	INS -	CMS -	INS 30	CMS 76	INS 32	CMS 81	INS 36	CMS 91	INS 40	CMS 101	INS 44	CMS 111
To fit waist up to												
TROUSERS WITH PLAIN WAISTBANDS	INS 28	CMS 71	INS 30	CMS 76	INS 34	CMS 86	INS 38	CMS 96	INS 40	CMS 101	INS 42	CMS 106
Size to fit waist up to												
To fit a short leg of												
To fit a regular leg of												
To fit a long leg of												
SHORTS MAUI SHORTS	INS 28	CMS 71	INS 30	CMS 76	INS 34	CMS 86	INS 38	CMS 96	INS 40	CMS 101	INS 42	CMS 106
To fit waist up to												
CAMBIA UNDERWEAR	INS -	CMS -	INS 30	CMS 76	INS 32	CMS 81	INS 36	CMS 91	INS 40	CMS 101	INS 44	CMS 111
To fit waist up to												
CAMBIA UPPER BODY	INS -	CMS -	INS 38	CMS 97	INS 40	CMS 101	INS 43	CMS 109	INS 46	CMS 117	INS 49	CMS 125
To fit chest up to												

- 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.
- * The Torres Smock is designed to be worn over a Parámo Directional waterproof jacket/smock and has been sized accordingly.