

# Marmot

## Sizing by Body Measurements

	men						
	XS	S	M	L	XL	XXL	XXXL
Chest	33-35	36-38	39-41	42-44	45-47	58-50	51-53
Neck	13.5-14	14.5-15	15.5-16	16.5-7	17.5-18	18.5-19	19.5-20
Sleeve	30-31	32-33	34-35	35-36	36-37	37-38	37-38
Waist	25-27	28-30	31-33	34-36	37-39	40-43	44-46
Hip	34-36	37-39	40-42	43-45	46-48	49-51	52-54
Inseam*	28	29.5	31	32.5	33	33.5	34.5

Men's Inseam: **SHORT 30 REG 32 LONG 34**

\* PANTS with multiple inseams (Outerwear)

	women						
	XS	S	M	L	XL	XXL	XXXL
Size	4	6	8	10	12	--	--
Chest	31-33	33-35	35-37	38-40	41-43	--	--
Sleeve	30-31	31-32	32-33	34-35	36-37	--	--
Waist	23-25	25-27	27-29	30-32	33-35	--	--
Hip	34-36	36-38	38-40	41-43	44-46	--	--
Inseam*	27.5	28.5	30	31.5	32	--	--

Women's Inseam: **SHORT 29 REG 31 LONG 33**

\* PANTS with multiple inseams (Outerwear)

	kids						
	XS	S	M	L	XL	XXL	XXXL
Age	4-5	6-7	8-9	10-12	13-15	--	--
Chest	24-26	26-28	28-30	30-32	32-34	--	--
Waist	19-21	21-23	23-25	25-27	27-29	--	--
Hip	24-26	26-28	28-30	30-32	32-34	--	--
Inseam	17-18	19-20	21-22	23-25	26-28	--	--
Sleeve	22-24	24-25	25-26	26-28	28-30	--	--
Height (in)	36-42	42-48	48-54	54-60	60-65		
Weight (lbs)	35-42	42-50	50-60	70-90	90-115		

	gloves						
	XS	S	M	L	XL	XXL	XXXL
Men (girth)	6.5-7	7-7.5	8-8.5	9-9.5	10-10.5	11-11.5	--
Women (girth)	5.5-6	6-6.5	6.5-7	7.5-8	8.5-9	--	--

### Care Instructions

Marmot does not recommend dry cleaning for any of its products. GORE-TEX® fabric products, MemBrain® fabric products, goose down insulated products and fleece are all machine washable. Always follow the wash & care instructions sewn into each Marmot product. You will also find care instructions and videos online: [marmot.com/content/product-info/care](http://marmot.com/content/product-info/care).

### Fit Information

Marmot jackets, parkas and pants are sized as outerwear: larger than sportswear to allow for performance, movement, layering, and comfort. Sweaters will fit less generously than jackets or parkas. Shirts will fit less generously than sweaters. Our garment names are more than identification; they describe the fit specifications as well. All Marmot garments will fit more generously than non-active wear because we pattern and grade all garments for active use: reaching, bending, stretching.