

# ROSSIGNOL

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**Rossignol's sizing chart**

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## CLOTHING MEN

### MEN TOPS

	XS	S	M	L	XL	2XL	3XL	4XL
<b>Chest (cm)</b>	87 - 91	92 - 96	97 - 101	102 - 106	107 - 111	112 - 116	117 - 122	123 - 128
<b>Chest (in)</b>	34.25 - 35.75	36.25 - 37.75	38.25 - 39.75	40.25 - 41.75	42.25 - 43.75	44.25 - 45.75	46.25 - 48	48.5 - 50.5
<b>Waist (cm)</b>	74 - 78	79 - 83	84 - 88	89 - 93	94 - 98	99 - 103	104 - 109	110 - 115
<b>Waist (in)</b>	29 - 30.75	31 - 32.75	33 - 34.75	35 - 36.75	37 - 38.75	39 - 40.75	41 - 43	43.25 - 45.25

### MEN BOTTOMS

	XS	S	M	L	XL	2XL	3XL	4XL
<b>Waist (cm)</b>	74 - 78	79 - 83	84 - 88	89 - 93	94 - 98	99 - 103	104 - 109	110 - 115
<b>Waist (in)</b>	29 - 30.75	31 - 32.75	33 - 34.75	35 - 36.75	37 - 38.75	39 - 40.75	41 - 43	43.25 - 45.25
<b>Hips (cm)</b>	85 - 89	90 - 94	95 - 99	100 - 104	105 - 109	110 - 114	115 - 120	121 - 126
<b>Hips (in)</b>	33.5 - 35	35.5 - 37	37.5 - 39	39.5 - 41	41.5 - 43	43.5 - 45	45.25 - 47.25	47.75 - 49.5

## CLOTHING WOMEN

### WOMEN TOPS

	XS	S	M	L	XL	2XL	3XL
<b>Chest (cm)</b>	81 - 84	85 - 88	89 - 92	93 - 97	98 - 102	103 - 107	108 - 112
<b>Chest (in)</b>	32 - 33	33.5 - 34.75	35 - 36.25	36.5 - 38.25	38.5 - 40.25	40.5 - 42.25	42.5 - 44.25
<b>Waist (cm)</b>	67 - 70	71 - 74	75 - 78	79 - 83	84 - 88	89 - 93	94 - 98
<b>Waist (in)</b>	29 - 30.75	33 - 34.75	35 - 36.75	37 - 38.75	39 - 40.75	41 - 43	43.25 - 45.25

### WOMEN BOTTOMS

	XS	S	M	L	XL	2XL	3XL
<b>Waist (cm)</b>	67 - 70	71 - 74	75 - 78	79 - 83	84 - 88	89 - 93	94 - 98
<b>Waist (in)</b>	29 - 30.75	33 - 34.75	33 - 34.75	35 - 36.75	37 - 38.75	39 - 40.75	41 - 43
<b>Hips (cm)</b>	89 - 92	93 - 96	97 - 100	101 - 105	106 - 110	111 - 115	116 - 120

<b>Hips (in)</b>	33.5 - 35	37.5 - 39	39.5 - 41	41.5 - 43	43.5 - 45	45.25 - 47.25	47.75 - 49.5
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# CLOTHING JUNIOR

## GIRLS TOPS

AGE	2	4	6	8	10	12	14	16
<b>Stature (cm)</b>	<b>88</b>	<b>104</b>	<b>116</b>	<b>128</b>	<b>140</b>	<b>152</b>	<b>164</b>	<b>170</b>
<b>Stature (in)</b>	<b>34.5</b>	<b>41</b>	<b>45.5</b>	<b>50.5</b>	<b>55</b>	<b>60</b>	<b>64.5</b>	<b>67</b>
<b>Chest (cm)</b>	49 - 51	53 - 55	57 - 59	61 - 63	68.5 - 70.5	76 - 78	83.5 - 85.5	87 - 89
<b>Chest (in)</b>	19 - 20	20.5 - 21.5	22.5 - 23.5	24 - 25	27 - 28	30 - 31	32.5 - 33.5	34 - 35
<b>Waist (cm)</b>	48 - 50	50 - 52	53 - 55	56 - 58	60 - 62	64 - 66	68 - 70	70 - 72
<b>Waist (in)</b>	18.5 - 19.5	19.5 - 20.5	20.5 - 21.5	22 - 23	23.5 - 24.5	25 - 26	26.5 - 27.5	27.5 - 28.5

## GIRLS BOTTOMS

AGE	2	4	6	8	10	12	14	16
<b>Stature (cm)</b>	<b>88</b>	<b>104</b>	<b>116</b>	<b>128</b>	<b>140</b>	<b>152</b>	<b>164</b>	<b>170</b>
<b>Stature (in)</b>	<b>34.5</b>	<b>41</b>	<b>45.5</b>	<b>50.5</b>	<b>55</b>	<b>60</b>	<b>64.5</b>	<b>67</b>
<b>Waist (cm)</b>	48 - 50	50 - 52	53 - 55	56 - 58	60 - 62	64 - 66	68 - 70	70 - 72
<b>Waist (in)</b>	18.5 - 19.5	19.5 - 20.5	20.5 - 21.5	22 - 23	23.5 - 24.5	25 - 26	26.5 - 27.5	27.5 - 28.5
<b>Hips (cm)</b>	53 - 55	57 - 59	62 - 64	67 - 69	75 - 77	83 - 85	91 - 93	95 - 97
<b>Hips (in)</b>	20.5 - 21.5	22.5 - 23.5	24 - 25	26 - 27	29.5 - 30.5	32.5 - 33.5	35.5 - 36.5	37.5 - 38.5

## BOYS TOPS

AGE	2	4	6	8	10	12	14	16
<b>Stature (cm)</b>	<b>88</b>	<b>104</b>	<b>116</b>	<b>128</b>	<b>140</b>	<b>152</b>	<b>164</b>	<b>170</b>
<b>Stature (in)</b>	<b>34.5</b>	<b>41</b>	<b>45.5</b>	<b>50.5</b>	<b>55</b>	<b>60</b>	<b>64.5</b>	<b>67</b>
<b>Chest (cm)</b>	49 - 51	53 - 55	57 - 59	61 - 63	68 - 70	75 - 77	82 - 84	85.5 - 87.5
<b>Chest (in)</b>	19 - 20	20.5 - 21.5	22.5 - 23.5	24 - 25	26.5 - 27.5	29.5 - 30.5	32 - 33	33.5 - 34.5
<b>Waist (cm)</b>	48 - 50	50 - 52	53 - 55	56 - 58	60.5 - 62.5	65 - 67	69.5 - 71.5	72 - 74
<b>Waist (in)</b>	18.5 - 19.5	19.5 - 20.5	20.5 - 21.5	22 - 23	23.5 - 24.5	25.5 - 26.5	27 - 28	28 - 29

## BOYS BOTTOMS

AGE	2	4	6	8	10	12	14	16
<b>Stature (cm)</b>	<b>88</b>	<b>104</b>	<b>116</b>	<b>128</b>	<b>140</b>	<b>152</b>	<b>164</b>	<b>170</b>
<b>Stature (in)</b>	<b>34.5</b>	<b>41</b>	<b>45.5</b>	<b>50.5</b>	<b>55</b>	<b>60</b>	<b>64.5</b>	<b>67</b>
<b>Waist (cm)</b>	48 - 50	50 - 52	53 - 55	56 - 58	60.5 - 62.5	65 - 67	69.5 - 71.5	72 - 74
<b>Waist (in)</b>	18.5 - 19.5	19.5 - 20.5	20.5 - 21.5	22 - 23	23.5 - 24.5	25.5 - 26.5	27 - 28	28 - 29
<b>Hips (cm)</b>	53 - 55	57 - 59	62 - 64	67 - 69	73.5 - 75.5	80 - 82	86.5 - 88.5	90 - 92
<b>Hips (in)</b>	20.5 - 21.5	22.5 - 23.5	24 - 25	26 - 27	29 - 30	31.5 - 32.5	34 - 35	35.5 - 36.5

# FOOTWEAR MEN

<b>EUR</b>	41	41.5	42	42.5	43	44	44.5	45	46	47
<b>UK</b>	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5
<b>US</b>	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5

# FOOTWEAR **WOMEN**

<b>EUR</b>	35	36	37	37.5	38	39	39.5	40	41	41.5
<b>UK</b>	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5
<b>US</b>	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5

## SOCKS

	<b>XXS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
<b>SIZE FR</b>	30 - 32	33 - 35	36 - 38	39 - 41	42 - 44	45 - 47
<b>SIZE US</b>	1 - 2	2.5 - 4.5	5 - 6.5	7 - 8.5	9 - 10.5	11 - 12.5

## GLOVES

	<b>MEN</b>						
	<b>XXS</b>	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>
<b>Length (cm)</b>	16.6	17.4	18.5	19.7	20.2	20.9	21.7
<b>Length (in)</b>	6.5	7	7.5	8	8.5	9	9.5

	<b>WOMEN</b>					
	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>	<b>XXL</b>
<b>Length (cm)</b>	16.6	17.4	18.5	19.7	20.2	20.9
<b>Length (in)</b>	6	6.5	7	7.5	8	8.5

	<b>JUNIOR</b>						
<b>Age</b>	<b>4</b>	<b>6</b>	<b>8</b>	<b>10</b>	<b>12</b>	<b>14</b>	<b>16</b>
<b>Length (cm)</b>	12.7	13.2	13.9	14.5	15.2	15.6	16.3
<b>Length (in)</b>	3	3.5	4	4.5	5	5.5	6

## ALPINE **SKIS**

Ski selection, both model and length, always will be a very personal and subjective decision. When making your length decision, we have found the following factors should be taken into consideration.

Optimal ski length is typically determined by the following order: weight, ability, height, and aggressiveness. Less aggressive advancing skiers should error on the shorter size, while more aggressive and accomplished skiers may choose to move up a size.

	<b>DEBUTANT/BEGINNER</b>	<b>INTERMEDIAIRE/INTERMEDIATE</b>	<b>CONFIRME/CONFIRMED</b>	<b>EXPERT</b>
<b>PISTE (Pursuit / Famous)</b>	Your height - 10 cm	Your height - 7 cm	Your height - 5 cm	Your height
<b>ALL MOUNTAIN (Experience / Temptation)</b>	Your height - 10 cm	Your height - 5 cm	Your height	Your height + 5 cm
<b>FREERIDE (7 Series)</b>	Your height - 5 cm	Your height	Your height	Your height + 5 cm
<b>FREESTYLE (S Series)</b>	Your height - 10 cm	Your height - 7 cm	Your height - 7 cm	Your height - 5 cm

## ALPINE **SKIBOOTS**

**To measure the size of your foot:**

- Put a piece of paper, larger than your foot, on the floor against a wall.
- Stand on the paper with your back and heels glued to the wall.
- Draw a line marking the longest part of your foot.
- Measure the distance from the edge of the paper to the line you've just made.

We recommend taking measurements for both feet and using the bigger measurement of the two. If your foot measurement is between chart numbers, we recommend sizing up.

LONGUEUR DU PIED / FOOT LENGTH	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
	23,5	9,25	24,5	9,65	25,5	10,04	26,5	10,43	27,5	10,83	28,5	11,22	29,5	11,61	30,5	12,01	31,5	12,40
<b>Taille à commander / Size to order (Mondopoint)</b>	23,5		24,5		25,5		26,5		27,5		28,5		29,5		30,5		31,5	

LONGUEUR DU PIED / FOOT LENGTH	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
	22,5	8,86	23,5	9,20	24,5	9,64	20,5	10,04	26,5	10,43	27,5	10,83
<b>Taille à commander / Size to order (Mondopoint)</b>	22,5		23,5		24,5		20,5		26,5		27,5	

LONGUEUR DU PIED / FOOT LENGTH	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN	CM	IN
	15,5	6,10	16,5	6,20	17,5	6,89	18,5	7,28	19,5	7,68	20,5	8,07	21,5	8,46	22,5	8,86	23,5	9,25	24,5	9,65
<b>Taille à commander / Size to order (Mondopoint)</b>	15,5		16,5		17,5		18,5		19,5		20,5		21,5		22,5		23,5		24,5	

## ALPINE POLES

To find the perfect ski pole size, it's ideal to wear your ski boots and even your skis. With the ski pole in hand, turn it upside down and grip the pole directly under the basket. Your upper arm must stay against your body and your elbow bent so the top of the pole grip is touching the floor. If the bend in your arm forms a 90 degree angle, the ski pole is the correct size.

If you don't have a ski pole, use a broom stick, and follow the same steps as above. Then measure the distance between the top of your hand and the floor, and add 5cm.

Body Height (cm)	Poles Sizes (cm)	Body Height (in)	Poles Sizes (in)
95/105	80-85	3'1" - 3'8"	80-85
105/115	85-90	3'5" - 4'0"	85-90
115/125	90-95	3'9" - 4'4"	90-95
125/135	100	4'5" - 4'8"	100
135/145	105	4'9" - 5'0"	105
145/155	110	4'9" - 5'0"	105
155/160	115	5'4" - 5'6"	115
160/170	120	5'7" - 5'9"	120
170/175	125	5'10" - 6'0"	125
175/185	130	6'1" - 6'3"	130
185/190	135	6'4" - 6'6"	135
190/200	140	6'7"+	140
200/210	145		

## NORDIC SKIS

Coming soon  
Thank you for your patience

# NORDIC BOOTS

Coming soon  
Thank you for your patience

# NORDIC POLES

Generally, the ideal size of a Nordic pole is considered to be:  
For Classic: pole should be at armpit height, or not exceeding shoulder height.  
For Skating: measure the distance from the ground to between your lips/nose.

TAILLE DU SKIEUR (CM)	TAILLE DES BATONS			BODY HEIGHT (FT/IN)	POLES SIZES		
	Skating	Classic	Touring		Skating	Classic	Touring
120	100	90	85	3'11" - 4'1"	100	90	85
125	105	95	90	4'1" - 4'3"	105	95	90
130	110	100	95	4'3" - 4'5"	110	100	95
135	115	105	100	4'5" - 4'7"	115	105	100
140	120	110	105	4'7" - 4'9"	120	110	105
145	125	115	110	4'9" - 4'11"	125	115	110
150	130	120	115	4'11"	130	120	115
155	135	125	120	4'11" - 5'1"	135	125	120
160	140	130	125	5'1" - 5'3"	140	130	125
165	145	135	130	5'3" - 5'5"	145	135	130
170	150	140	135	5'5" - 5'7"	150	140	135
175	155	145	140	5'7" - 5'9"	155	145	140
180	160	150	145	5'9" - 5'11"	160	150	145
185	165	155	150	5'11" - 6'1"	165	155	150
190	170	160	155	6'1" - 6'3"	170	160	155
195	175	165	160	6'3" - 6'5"	175	165	160
200	180	170	165	6'5" +	180	170	165

# SNOWBOARDS SNOWBOARD

Generally, a snowboard is chosen according to a rider's weight, ability and riding style. A shorter snowboard will be more manageable and easier to maneuver – great for beginners, lighterweight, or more freestyle-oriented riders. A longer snowboard will be faster and more stable – great for heavier, more advanced, or aggressive freeriders.

For more freestyle-oriented performance: size between your shoulder and chin.

For more freeride-oriented performance: size between your chin and nose or above.

Chart coming soon

# GOGGLES AND SCREENS

WEATHER	CATEGORY	UV PROTECTION	PERCENTAGE VLT	RECOMMENDED USAGE
	CAT 0	UV 400	87 %	The ideal lens for night time use, flood light
	CAT 1	UV 400	78 %	The ideal lens at fog and strong clouds
	CAT 2	UV 400	24,48 %	This lens increases contrasts, improves depth perception, good for all conditions.
	CAT 2	UV 400	14,09 %	Reduces eye fatigue in bright and sunny conditions

# HELMETS AND PROTECTIONS

A good-fitting helmet shouldn't compress your head, but should remain well positioned when/if your head is shaken. You can use a tape string or our Head Sizer to measure the circumference of your head, passing over your ears and staying 0.78 inches above your eyebrows. Many of our helmets have a knob to adjust and fine-tune the fit for additional comfort and safety. Ideally, with the helmet on, you should be able to twist the helmet forward and back and see your eyebrows moving along with it. If the helmet slides forward or back too easily and/or without eyebrow movement, it's not providing the ideal fit.

RACE / FREE			ALL MOUNTAIN		
SIZE / TAILLE	CM	INCHES	SIZE / TAILLE	CM	INCHES
XS	53 - 54	20.9 - 21.3	M - L	55 - 58	21.7 - 22.8
S	55 - 56	21.7 - 22	L - XL	59 - 62	23.2 - 24.4
M	57 - 58	22.4 - 22.8			
L	59 - 60	23.2 - 23.6			
XL	60 - 61+	23.6 - 24			
KIDS / ENFANT			XXS	XS/S	M/L
Head size / Tour de tête (cm / in)			48-52 18.9-20.5	52-54 20.5-21.3	53-56 20.9-22.0
HEIGHT CM	120/140	140/160	160/180	180/200	
From waist to shoulder (cm)	39	42	46	50	
Indicative size	XS / S	S / M	M / L	L / XL	

# BIKES

Sizes of bikes might be different according to the model and the usage. White cells mean that the size is not available for the model.

If you are in between two sizes (for example if you are 1.80m tall, you might be between Medium and Large), here is our advice:

- If you are looking for a dynamic and responsive bike, you should choose the smaller sized bike

- If you are looking for a stable and comfortable bike, you should choose the greater sized bike

The choice is all yours !

SIZE CM	140/145	145/150	150/155	155/160	160/165	165/170	170/175	175/180	180/185	185/190	190/195	195/200
<b>BIKE MODEL</b>												
E-Track Trail						M	M	M	L	L	L	
E-Track 27+				S	S	M	M	M	L	L		
E-Track 700M					S	S	M	M	L	L		
E-Track 700W					M	M	L	L				
All Track DH						M	M	M	L	L		
All Track R-Duro					S	S	M	M	L	L		
All Track Trail					S	S	M	M	L	L		
All Track 27+		XS	XS	S	S	M	M	M / L	L	L		
All Track 29				S	S	S	M	M	L	L	XL	XL
All Track 27		XS	XS	S	S	M	M	M / L	L	L	XL	XL