

ASSOS Sizechart

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Women's Shorts/Tights/Knickers

To determine the best size for you, measure your hips, and height, and take the average of the sizes indicated by those measurements. If in doubt, we recommend sizing up.

Hips

Measure around the fullest part of your hips.



	cm	inches
xs	80-86	31.5-33.8
s	87-93	33.9-36.6
m	94-100	36.7-39.4
l	101-107	39.5-41.1
xl	108-114	41.2-44.9
xlg	115+++	45+++

Height

Measure your height from head to toe.



	cm	inches
xs	145-160	58.1-63
s	155-168	61.2-66.1
m	163-178	64.2-70.1
l	168-180	66.1-70.8
xl	171-185	67.3-72.8
xlg	175+++	68.9+++

Women's Baselayers

Our base layers are engineered with a flexible second-skin fit, tailored specifically for your body's position on the bike.

Size

Match your standard apparel size with the corresponding numeral.



	Size
0	xs - s
I	m
II	l - xl
III	Xlg - tir

Women's Jersey/Jackets/Shells/Vests

Our upper-body layers are engineered with a slim fit, tailored specifically for your body's position on the bike. We recommend sizing up one full size for a more relaxed fit.

Chest

Measure around the fullest part of your chest.



	cm	inches
xs	77-82	30.-32.3
s	83-88	32.4-34.6
m	89-95	34.7-37.4
l	96-103	37.5-40.5
xl	104-111	40.6-43.7
xlg	112+++	43.8+++

Height

Then factor in your height.



	cm	inches
xs	145-160	58.1-63
s	155-168	61.2-66.1
m	163-178	64.2-70.1
l	168-180	66.1-70.8
xl	171-185	67.3-72.8
xlg	175+++	68.9+++

Women's Warmers

If you are between sizes and have a slim build, we recommend sizing down. If you are between sizes and have a larger build, we recommend sizing up.

Size

match your standard apparel size with the corresponding numeral.



	Size
0	xs - s - m
I	l - xl
II	xlg

Women's Gloves

Palm

Measure around the widest part of your palm.



	cm	inches
xs	17.5 - 19	6.9 - 7.5
s	18.5 - 20	7.3 - 7.9
m	20 - 22	7.9 - 8.6
l	22 - 23.5	8.6 - 9.2
xl	23.5 - 25.5	9.2 - 10
xlg	25+++	10+++

Women's Socks

Size

match your shoe size with the corresponding numeral.



	EU	USA
0	35 - 38	3.5 - 6
I	39 - 42	6.5 - 9
II	43 - 46	9.5 - 12

Women's Booties/Overshoes/Toe covers

Size

Match your shoe size with the corresponding numeral.

Applies to: **ASSOIROES SPRING FALL BOOTIES, SUMMERBOOTIE_S7**



	EU	USA
0	36-39	4-6.5
I	40-43	7.5-9.5
II	44-47	10-13

Applies to: **ASSOIROES RAIN BOOTIE, ASSOIROES BOOTIE WINTER**



	EU	USA
0	36-38	4-6
I	39-40	6.5-7.5
II	41-42	8-9
III	43-46	9.5-12

Women's Caps/Hats/Headbands

Size

Measure around your head, just above your ears.



	cm	inches
0	48-53	18.9 - 20.9
I	54-58	21 - 22.8
II	59-63	22.9 - 24.8

Men's Shorts/Tights/Knickers

To determine the best size for you, measure your waist, hips, and height, and take the average of the sizes indicated by those measurements. If in doubt, we recommend sizing up.

Waist

Measure around the narrowest part of your waist.



	cm	inches
xs	70-74	27.5-29.1
s	75-80	29.2-31.5
m	81-86	31.6-33.8
l	87-92	33.9-36.2
xl	93-99	36.3-39
xlg	100-106	39.1-41.7
tir	107+++	41.8+++

Hips

Measure around the fullest part of your hips.



	cm	inches
xs	89-95	35-37.4
s	94-100	37-39.4
m	99-106	39-41.7
l	105-110	41.3-43.3
xl	109-116	42.9-45.6
xlg	115-121	45.3-47.6
tir	120+++	47.2+++

Height

Measure your height from head to toe.



	cm	inches
x s	155 - 170	61.2 - 66.9
s	165 - 178	65 - 70
m	173 - 188	68.1 - 74
l	178 - 190	70 - 74.8
xl	181 - 195	71.3 - 76.7
xlg	185+++	72.8+++
tir	185+++	72.8+++

Men's Baselayers

Our base layers are engineered with a flexible second-skin fit, tailored specifically for your body's position on the bike.

Size

Match your standard apparel size with the corresponding numeral.



	Size
0	xs - s
I	m
II	l - xl
III	Xlg - tir

Men's Jerseys/Jackets/Shells/Vests

Our upper-body layers are engineered with a slim fit, tailored specifically for your body's position on the bike. We recommend sizing up one full size for a more relaxed fit.

Chest

Measure around the fullest part of your chest.



	cm	inches
xs	88-91	34.6-35.8
s	92-95	35.9-37.4
m	96-100	37.5-39.4
l	101-106	39.5-41.7
xl	107-113	41.8-44.5
xlg	114-121	44.6-47.6
tir	122-129	47.7-50.8

Height

Then factor in your height.



	cm	inches
xs	155-170	61.2-66.9
s	165-178	65-70
m	173-188	68.1-74
l	178-190	70-74.8
xl	181-195	71.3-76.7
xlg	185+++	72.8+++
tir	185+++	72.8+++

Waist

As a third reference point, measure around the fullest part of your waist.



	cm	inches
x s	70-74	27.5-29.1
s	75-80	29.2-31.5
m	81-86	31.6-33.8
l	87-92	33.9-36.2
xl	93-99	36.3-39
xlg	100-106	39.1-41.7
tir	107+++	41.8+++

Men's Warmers

For warmers, if you are between sizes and have a slim build, we recommend sizing down. If you are between sizes and have a larger build, we recommend sizing up.

Size

Match your standard apparel size with the corresponding numeral.



	Size
0	Xs - s
I	s - m - l
II	xl - xlg - tir

Men's Gloves

Palm

Measure around the widest part of your palm.



	cm	inches
xs	17.5-19	6.9-7.5
s	18.5-20	7.3-7.9
m	20-22	7.9-8.6
l	22-23.5	8.6-9.2
xl	23.5-25.5	9.2-10
xlg	25+++	10+++

Men's Socks

Size

Match your shoe size with the corresponding numeral.



	EU	USA
0	35-38	3.5-6
I	39-42	6.5-9
II	43-46	9.5-12

Men's Booties/Overshoes/Toe covers

Size

Match your shoe size with the corresponding numeral.

Applies to: **ASSOSOIRES SPRING FALL BOOTIES, SUMMERBOOTIE_S7**



	EU	USA
0	36 - 39	4 - 6.5
I	40 - 43	7.5 - 9.5
II	44 - 47	10 - 13

Applies to: **ASSOSOIRES RAIN BOOTIE, ASSOSOIRES BOOTIE WINTER**



	EU	USA
0	36 - 38	4 - 6
I	39 - 40	6.5 - 7.5
II	41 - 42	8 - 9
III	43 - 46	9.5 - 12

Men's Caps/Hats/Headbands

Size

Measure around your head, just above your ears.



	cm	inches
0	48-53	18.9 – 20.9
I	54-58	21 – 22.8
II	59-63	22.9 – 24.8

Size

Measure around your head, just above your ears.



	cm	inches
0	48-55	18.05-21.5
I	56-63	22 – 24.8

Applies to: **ASSOSOIRES ROBOFOIL G2**