

MEN'S SIZE GUIDE

	XS	S	M	L	XL	XXL
Chest (inches)	35 - 37"	37 - 39"	39 - 41"	41 - 43"	43 - 45"	45 - 47"
Chest (cm)	89 - 94cm	94 - 99cm	99 - 104cm	104 - 109cm	109 - 114cm	114 - 119cm
Waist (inches)	29 - 31"	31 - 33"	33 - 35"	35 - 37"	37 - 39"	39 - 41"
Waist (cm)	74 - 79cm	79 - 84cm	84 - 89cm	89 - 94cm	94 - 99cm	99 - 104cm
Men's Glove Sizing	XS	S	M	L	XL	XXL
Across knuckles (cm)	7cm	8cm	9cm	10cm	11cm	12cm

WOMEN'S SIZE GUIDE

	XS	S	M	L	XL	
Chest (inches)	32 - 33"	34 - 35"	36 - 37"	38 - 39"	40 - 41"	
Chest (cm)	81 - 86cm	87 - 90cm	91 - 95cm	96 - 100cm	101 - 105cm	
Waist (inches)	27 - 28"	29 - 30"	31 - 32"	33 - 34"	35 - 36"	
Waist (cm)	68 - 72cm	73 - 78cm	79 - 83cm	84 - 87cm	88 - 92cm	
Dress Size Equivalent (UK)	8/10	10/12	12/14	14/16	16/18	
Women's Glove Sizing	XS	S	M	L	XL	
Across knuckles (cm)	7cm	7.5cm	8cm	8.5cm	9cm	

CHILDREN'S SIZE GUIDE

Height	122 - 133cm	134 - 145cm	146 - 157cm			
Age	7 - 8yrs	9 - 10yrs	11 - 12yrs			

FOOTWEAR SIZE GUIDE

		S	M	L	XL	XXL
UK Size		5 - 6.5	7 - 8.5	9 - 10.5	11 - 12.5	13 - 14.5
EU Size		37 - 39.5	40 - 42	42.5 - 44.5	45 - 47	47.5 - 49.5
US Size		5.5 - 7	7.5 - 9	9.5 - 11	11.5 - 13	13.5 - 15

HELMET SIZE GUIDE

		S - M	M - L	L - XL		
Head Circumference (inches)		20 - 22"	21.5 - 23.25"	22.75 - 24.75"		
Head Circumference (cm)		51 - 56cm	55 - 59cm	58 - 63cm		

WARMER / PROTECTOR SIZE GUIDE

Arm / Elbow Covers		S - M	M - L	L - XL		
Bicep circumference* (cm)		up to 30cm	30-35cm	over 35cm		
Leg / Knee Covers		S - M	M - L	L - XL		
Thigh circumference** (cm)		up to 52cm	52-60cm	over 60cm		
Thigh circumference** (cm)		up to 57cm		over 57cm		

*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.

GENERAL FABRIC CARE



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.

1. 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.
2. Always follow the washing instructions on the garment label, if these cannot be found, then you can contact CS@endura.co.uk
3. All garments that can be machine washed are tested to 30°/40°C, but we recommend washing at 30°C to reduce energy consumption and the impact on the environment.
4. Always wash dark colours separately.
5. 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.
6. Do not tumble dry. Instead, drip dry naturally but avoid drying in direct strong sunlight.
7. 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 re-proofed 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.

