



Páramo Ladies' EASY FIT Size Guide

	SIZE	XS	S	M	L	XL
UPPER BODY						
Trek & Travel, Zonda & Zefira Fleecees, Zonda & Zefira Windproofs, Cambia Classic & Grid Classic Baselayers	Chest	86cm 34"	91cm 36"	96cm 38"	101cm 40"	106cm 42"
Jackets*, Smocks & Gilets	Chest	86cm 34"	91cm 36"	96cm 38"	101cm 40"	111cm 44"
UNDERWEAR						
Cambia Micro Shorts & Briefs	Waist Hips	66cm 26" 91cm 36"	71cm 28" 96cm 38"	76cm 30" 101cm 40"	81cm 32" 106cm 42"	86cm 34" 111cm 44"
Grid Long Janes	Waist Hips	66cm 26" 91cm 36"	71cm 28" 96cm 38"	76cm 30" 101cm 40"	81cm 32" 106cm 42"	91cm 36" 116cm 46"
LEGWEAR						
Cascada, Cascada II & Atca	Waist Hips	66cm 26" 91cm 36"	71cm 28" 96cm 38"	76cm 30" 101cm 40"	81cm 32" 106cm 42"	91cm 36" 116cm 46"
Cascada, Cascada II & Atca Trousers all come in a choice of leg lengths in some sizes. Atca Shorts come in one leg length only, which is adjustable.	Shorter Leg	–	64cm 25"	64cm 25"	64cm 25"	–
	Short Leg	69cm 27"	69cm 27"	69cm 27"	69cm 27"	69cm 27"
	Regular Leg	74cm 29"	74cm 29"	74cm 29"	74cm 29"	74cm 29"
	Long Leg	–	79cm 31"	79cm 31"	79cm 31"	–
Quito Trousers	Waist Hips Regular Leg	66cm 26" 91cm 36" 74cm 29"	71cm 28" 96cm 38" 74cm 29"	76cm 30" 101cm 40" 74cm 29"	81cm 32" 106cm 42" 74cm 29"	86cm 34" 111cm 44" 74cm 29"

	SIZE	8	10	12	14	16	18
LEGWEAR – Fitted Waists							
Velez Adventure Trousers	Waist Hips	66cm 26" 91cm 36"	71cm 28" 96cm 38"	76cm 30" 101cm 40"	81cm 32" 106cm 42"	86cm 34" 111cm 44"	96cm 38" 121cm 48"
	Short Leg	–	69cm 27"	69cm 27"	69cm 27"	–	–
	Regular Leg	74cm 29"	74cm 29"	74cm 29"	74cm 29"	74cm 29"	74cm 29"
	Long Leg	–	–	79cm 31"	79cm 31"	79cm 31"	–

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.
 * The Torres Jacket is designed to be worn over a Páramo Directional Waterproof outer and has been sized accordingly.



Páramo Ladies' ATHLETIC FIT Size Guide

SIZE		XS	S	M	L	XL
UPPER BODY						
Cambia Sport & Grid Technic Baselayers	Chest	86cm 34"	91cm 36"	96cm 38"	101cm 40"	106cm 42"
Ventura Jackets & Fleece	Chest	86cm 34"	91cm 36"	96cm 38"	101cm 40"	106cm 42"
LEGWEAR						
Ventura Trousers	Waist	66cm 26"	71cm 28"	76cm 30"	81cm 32"	86cm 34"
	Hips	91cm 36"	96cm 38"	101cm 40"	106cm 42"	111cm 44"
	Regular Leg	74cm 29"	74cm 29"	74cm 29"	74cm 29"	74cm 29"

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.