

# Size guide

Men's Xenair Alpine Light Insulated Jacket

## Dimensions

Metric (cm)      Imperial (in)

Rab size	Chest width	Waist width	Arm length
XXS	86cm	68.5cm	81cm
XS	90cm	71cm	83cm
S	94cm	76cm	83cm
M	102cm	81cm	86cm
L	109cm	86cm	89cm
XL	117cm	91cm	91cm
XXL	122cm	96cm	91cm

N.B. The table above shows body measurements, not garment measurements.

## How to measure

**Arm length:** Measure horizontally from the centre of your back, across the shoulder, over a naturally bent elbow and down to the wrist fold.

**Chest:** Measure the full circumference of your chest just below your armpits.

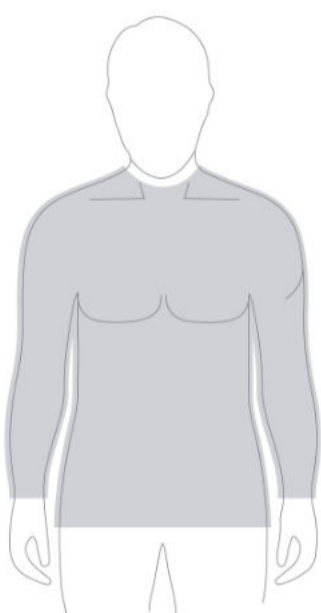
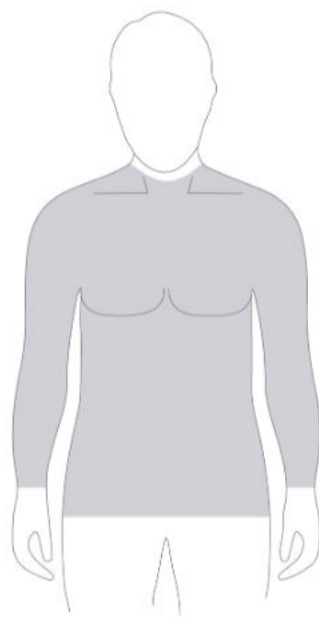
**Waist:** Find the top of your hip and measure the full circumference around your body.

## Fit descriptions

All garments are designed and fitted to suit their intended end use. See below for a general description of our fit categories:

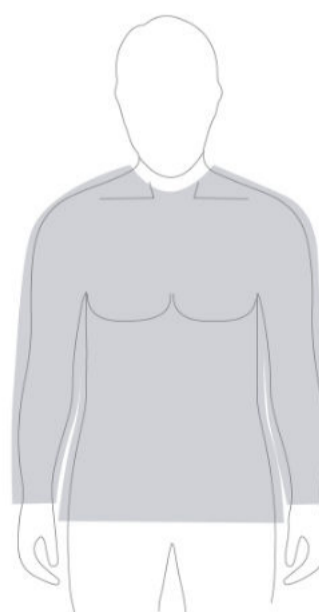
### Slim

A streamlined silhouette. Cut trim following the contours of the body. Expertly placed articulation of seams and the use of stretch fabric ensure maximum freedom of movement in these close-fitting items.



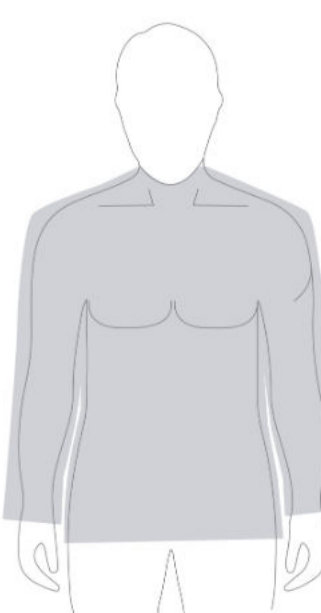
### Regular

Neither slim nor loose. Regular fit items are the perfect balance of form fit and ease of movement.



### Relaxed

Our more generous fit. Cut loosely through the body allowing for ease of movement and additional layering.



### Expedition

Designed specifically to accommodate the layering system and equipment required for high altitude and polar expeditions.