Examples of equipment sizes

T = Tiny (Size practically unimportant)

Key Flute

Quill / Penn Money (<10 coins)

Rings

Herbs (<10 doses)

Amulet Jewelry Candle

S = Small

Knife & dagger Lock pick kit

Gauntlet Poison treatment kit
Money pouch Flint & steel & tinder
Notebook Small loaf of bread

Bottle Scroll Arm ring

M = Medium (= 5 Small)

Short sword Book Large loaf of bread

Longknife Surgeons kit Leg of lamb

Water skin Lighter clothes
1 week dried rations Torch / Lantern

1 week lembas Boots

Bag of herbs Cape or tunic

Larger map Decent wheel of cheese

L = Large (= 5 Medium)

Sword + scabbard Large wheel of cheese Fine/evening dress

Axe Marsh boots Thin bedroll

Whip 10 m rope

Helmet 1 weeks trail rations

Quiver + 20 arrows/bolts Cask of beer

Short bow Cloak

Grappling hook Normal set of clothes

XL = Extra Large (= 5 Large)

Battle sword Shield

Bow / Crossbow Soft / foldable armour Spear, glaive, pike Regular, comfy bedroll

Staff War-flail Battle axe Halberd