FREE PRINTABLE · BAND AND CUP

Bra size conversion chart

Measure under the bust to find your band, then take the gap between bust and underbust to find your cup. Each line is the same bra in every country. US and UK bands are in inches.

Every bra size, offline

BAND SIZE BY UNDERBUST

Underbust (cm)	US & UK	EU	FR / BE / ES	Italy	Australia	Japan
63–67	30	65	80	1	8	65
68–72	32	70	85	2	10	70
73–77	34	75	90	3	12	75
78–82	36	80	95	4	14	80
83–87	38	85	100	5	16	85
88–92	40	90	105	6	18	90
93–97	42	95	110	7	20	95
98–102	44	100	115	8	22	100
103–107	46	105	120	9	24	105

CUP SIZE BY BUST MINUS UNDERBUST

Bust – underbust (cm)	US	UK	EU / FR / IT	Australia	Japan
10–12	AA	AA	AA	AA	A
12–14	A	A	A	A	B
14–16	B	B	B	B	C
16–18	C	C	C	C	D
18–20	D	D	D	D	E
20–22	DD	DD	E	DD	F
22–24	DDD	E	F	E	G
24–26	G	F	G	F	H
26–28	H	FF	H	G	I

Measure yourself

- Underbust: tape snug around the ribcage, right under the breasts, level all round.
- Bust: around the fullest part, tape loose, wearing a bra without padding.
- Band: underbust rounded to the nearest 5 cm. Cup: bust minus underbust, 2 cm per letter from AA at 10 to 12 cm.
- Example: underbust 71 cm, bust 88 cm. EU band 70, gap 17 cm, cup C: a 32C in the US and UK, 70C in Europe.

Read the chart

- The band gives most of the support: if it rides up your back, go down a band.
- Sister size: one band up and one cup down keeps the same cup volume, so a 32C fits like a 34B.
- Letters split after D: an EU E is a UK and US DD, an EU F is a UK E and a US DDD.
- If a brand publishes its own chart, that chart wins.

Sizes from the app's bra table. Japan writes the cup before the band and runs one letter ahead of EU: EU 70C = Japan D70. Australian band = UK band minus 22. Inside 210 × 279 mm: prints uncut on Letter and A4.

Reuse it freely, a link back is all we ask.