FREE PRINTABLE · WOMEN AND MEN

Clothing size conversion chart

Find your size in your own column and read across: each line is the same garment in every country. US and UK men's sizes are your chest or waist in inches.

Every clothing size, offline

WOMEN'S TOPS AND DRESSES

US	UK	EU / FR	Italy	Germany	Spain	Letter
00	2	30	34	28	30	XXS
0	4	32	36	30	32	XS
2	6	34	38	32	34	XS
4	8	36	40	34	36	S
6	10	38	42	36	38	S
8	12	40	44	38	40	M
10	14	42	46	40	42	M
12	16	44	48	42	44	L
14	18	46	50	44	46	L
16	20	48	52	46	48	XL
18	22	50	54	48	50	XL
20	24	52	56	50	52	XXL
22	26	54	58	52	54	XXL
24	28	56	60	54	56	XXXL
26	30	58	62	56	58	XXXXL

WOMEN'S TROUSERS AND JEANS

US jeans (W)	UK	EU / FR	Italy	Germany	Japan
26	6	34	38	32	5
27	8	36	40	34	7
28	10	38	42	36	9
29	12	40	44	38	11
31	14	42	46	40	13
33	16	44	48	42	15
35	18	46	50	44	17
37	20	48	52	46	19
39	22	50	54	48	21
41	24	52	56	50	23
43	26	54	58	52	25
45	28	56	60	54	27

MEN'S JACKETS, SHIRTS AND TOPS

US	UK	EU	Japan	Letter
34	34	44	S	XS
36	36	46	M	S
38	38	48	L	M
40	40	50	XL	L
42	42	52	2XL	XL
44	44	54	3XL	XXL
46	46	56	4XL	XXXL
48	48	58	5XL	4XL
50	50	60	6XL	5XL

MEN'S TROUSERS AND JEANS

US (W)	UK (W)	EU / DE / IT	FR / ES	Japan (cm)	Letter
27	27	42	36	69	S
28	28	44	38	71	S/M
30	30	46	40	76	M
32	32	48	42	81	M/L
34	34	50	44	86	L
36	36	52	46	91	L/XL
38	38	54	48	97	XL
40	40	56	50	102	XL/XXL
42	42	58	52	107	XXL
44	44	60	54	112	XXL/XXXL
46	46	62	56	117	XXXL

Measure yourself

- Chest: around the fullest part, tape level under the arms.
- Waist: around the natural waist, above the navel, without pulling.
- Inseam (jeans L): from the crotch to the ankle, in inches.

Read the chart

- Between two sizes, take the larger one.
- Letter sizes S, M, L vary the most from brand to brand.
- If a brand publishes its own chart, that chart wins.

Sizes from the app's four clothing tables. Men's EU tops = FR, IT, DE and ES. Japanese men's trousers = waist in cm. Inside 210 × 279 mm: prints uncut on Letter and A4.

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