

## International Size Conversions

Turkey / EU	US	UK	Japan
44	34	34	XS
46	36	36	S
48	38	38	M
50	40	40	L
52	42	42	L
54	44	44	LL
56	46	46	LL

All size conversions are approximate.

Fits may vary by style or personal preferences; sizes may vary by manufacturers.

## Measuring Guide

### Finding the right size

Use a fabric tape measure to find your measurements, and then follow our guidelines to make sure you are ordering the right size.

Try to wear little or no clothing to get the most accurate reading.

### Waist

Measure around your natural waistline, keeping the tape comfortably loose

### Hips

Stand with your heels together and measure the fullest part of your hips.

### Chest

Wrap the tape around fullest part of your chest or bust, including your shoulder blades, and then drop your arms to your sides to measure.

### Inseam

With the appropriate shoes on, measure from your crotch to your desired pant length.

### Sleeve

Bend your elbow at a 45 degree angle. Place measuring tape at the head of your shoulder. Measure across your elbow down to your wrist.