| **US Men's Shoe** | **US Women's Shoe** | **UK Shoe Size** | **EU Shoe Size** | **Foot Length in Inches** | **Foot Length in CM** |
| --- | --- | --- | --- | --- | --- |
| 3 | 4.5 | 2.5 | 34.5 | 8 1⁄2 | 21.6 cm |
| 3.5 | 5 | 3 | 35 | 8 2⁄3 | 22.0 cm |
| 4 | 5.5 | 3.5 | 35.5 | 8 5⁄6 | 22.4 cm |
| 4.5 | 6 | 4 | 36.5 | 9 | 22.9 cm |
| 5 | 6.5 | 4.5 | 37 | 9 1⁄6 | 23.3 cm |
| 5.5 | 7 | 5 | 37.5 | 9 1⁄3 | 23.7 cm |
| 6 | 7.5 | 5.5 | 38 | 9 1⁄2 | 24.1 cm |
| 6.5 | 8 | 6 | 39 | 9 2⁄3 | 24.6 cm |
| 7 | 8.5 | 6.5 | 39.5 | 9 5⁄6 | 25.0 cm |
| 7.5 | 9 | 7 | 40 | 10 | 25.4 cm |
| 8 | 9.5 | 7.5 | 40.5 | 10 1⁄6 | 25.8 cm |
| 8.5 | 10 | 8 | 41.5 | 10 1⁄3 | 26.2 cm |
| 9 | 10.5 | 8.5 | 41.5 | 10 1⁄2 | 26.7 cm |
| 9.5 | 11 | 9 | 42.5 | 10 2⁄3 | 27.1 cm |
| 10 | 11.5 | 9.5 | 43.5 | 10 5⁄6 | 27.5 cm |
| 10.5 | 12 | 10 | 44 | 11 | 27.9 cm |
| 11 | 12.5 | 10.5 | 44.5 | 11 1⁄6 | 28.4 cm |
| 11.5 | 13 | 11 | 45.5 | 11 1⁄3 | 28.8 cm |
| 12 | 13.5 | 11.5 | 46 | 11 1⁄2 | 29.2 cm |
| 12.5 | 14 | 12 | 46.5 | 11 2⁄3 | 29.6 cm |
| 13 | 14.5 | 12.5 | 47 | 11 5⁄6 | 30.1 cm |
| 13.5 | 15 | 13 | 47.5 | 12 | 30.5 cm |
| 14 | 15.5 | 13.5 | 48.5 | 12 1⁄6 | 30.9 cm |
| 14.5 | 16 | 14 | 49 | 12 1⁄3 | 31.3 cm |
| 15 | 16.5 | 14.5 | 49.5 | 12 1⁄2 | 31.8 cm |
| 15.5 | 17 | 15 | 50 | 12 2⁄3 | 32.2 cm |

SNEAKERS SIZE CHART

| **US** | **UK** | **EU** | **CM** |
| --- | --- | --- | --- |
| 3.5 | 3 | 35.5 | 22.5 |
| 4 | 3.5 | 36 | 23 |
| 4.5 | 4 | 36.5 | 23.5 |
| 5 | 4.5 | 37.5 | 23.5 |
| 5.5 | 5 | 38 | 24 |
| 6 | 5.5 | 38.5 | 24 |
| 6.5 | 6 | 39 | 24.5 |
| 7 | 6 | 40 | 25 |
| 7.5 | 6.5 | 40.5 | 25.5 |
| 8 | 7 | 41 | 26 |
| 8.5 | 7.5 | 42 | 26.5 |
| 9 | 8 | 42.5 | 27 |
| 9.5 | 8.5 | 43 | 27.5 |
| 10 | 9 | 44 | 28 |
| 10.5 | 9.5 | 44.5 | 28.5 |
| 11 | 10 | 45 | 29 |
| 11.5 | 10.5 | 45.5 | 29.5 |
| 12 | 11 | 46 | 30 |
| 12.5 | 11.5 | 46.5 | 30.5 |
| 13 | 12 | 47.5 | 31 |
| 13.5 | 12.5 | 48 | 31.5 |
| 14 | 13 | 48.5 | 32 |
| 15 | 14 | 49.5 | 33 |
| 16 | 15 | 50.5 | 34 |
| 17 | 16 | 51.5 | 35 |
| 18 | 17 | 52.5 | 36 |

**MEN SIZE CHARTS PANTS.**

| **Your Waist in Inches** | **US Pant Size** | **International Size** |
| --- | --- | --- |
| 26 - 27" | 26 | XXS |
| 27 - 28" | 27 | XS |
| 28 - 29" | 28 | XS |
| 29 - 30" | 29 | S |
| 30 - 31" | 30 | S |
| 31 - 32" | 31 | M |
| 32 - 33" | 32 | M |
| 33 - 34" | 33 | M/L |
| 34 - 35" | 34 | L |
| 35 - 36" | 35 | L |
| 36 - 37" | 36 | XL |
| 38 - 39" | 38 | XL |
| 40 - 41" | 40 | XXL |
| 42 - 43" | 42 | XXL |
| 44 - 45" | 44 | XXXL |
| 46 - 47" | 46 | XXXL |
| 48 - 49" | 48 | XXXL |
| 50 - 51" | 50 | 4XL |

**Women’s Pant Size Conversion Chart – Width/Waist**

[INCH](https://www.blitzresults.com/en/pants-size/)**⇆** [CM](https://www.blitzresults.com/en/european-sizes/)

| **Your Waist in Inches** | **Misses Size** | **Pant Size (W/L)** | **International Size** |
| --- | --- | --- | --- |
| 23 - 25" | 00 | 23/24 | XXS |
| 25 - 26" | 0 | 25 | XXS |
| 26 - 27" | 2 | 26 | XS |
| 27 - 28" | 4 | 27 | XS |
| 28 - 29" | 6 | 28 | S |
| 29 - 30" | 8 | 29 | S |
| 30 - 31" | 10 | 30 | M |
| 31 - 32" | 12 | 31 | M |
| 32 - 33" | 14 | 32 | L |
| 33 - 34" | 16 | 33 | L |
| 34 - 35" | 18 | 34 | XL |
| 36 - 37" | 20 | 36 | XL |
| 38 - 39" | 22 | 38 | XXL |
| 40 - 41" | 24 | 40 | XXL |

**Pants: Men’s Sizes to Womens’ Sizes Converter**

| **Your Waist in Inches** | **Men's Pant Size (W/L)** | **Men's International Size** | **Women's International Size** | **Misses Size** | **Women's Pant Size (W/L)** |
| --- | --- | --- | --- | --- | --- |
|  |  |  | XXS | 00 | 23/24 |
|  |  |  | XXS | 0 | 25 |
| 26-27" | 26 | XXS | XS | 2 | 26 |
| 27-28" | 27 | XS | XS | 4 | 27 |
| 28-29" | 28 | XS | S | 6 | 28 |
| 29-30" | 29 | S | S | 8 | 29 |
| 30-31" | 30 | S | M | 10 | 30 |
| 31-32" | 31 | M | M | 12 | 31 |
| 32-33" | 32 | M | L | 14 | 32 |
| 33-34" | 33 | M/L | L | 16 | 33 |
| 34-35" | 34 | L | XL | 18 | 34 |
| 36-37" | 36 | XL | XL | 20 | 36 |
| 38-39" | 38 | XL | XXL | 22 | 38 |
| 40-41" | 40 | XXL | XXL | 24 | 40 |

### MEN'S SIZE CHART sHIRT

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Size** | **Neck** | **Chest** | **Waist** | **Sleeve** |
| S | 14-14½″ | 34-36″ | 28-30″ | 32-33″ |
| M | 15-15½″ | 38-40″ | 32-34″ | 33-34″ |
| L | 16-16½″ | 42-44″ | 36-38″ | 34-35″ |
| XL | 17-17½″ | 46-48″ | 40-42″ | 35-36″ |
| 2XL | 18-18½″ | 50-52″ | 44-46″ | 36-37″ |
| 3XL | 19-19½″ | 54-56″ | 48-50″ | 37-38″ |
| 4XL | 20½-21″ | 58-60″ | 53-55″ | 38-38½″ |
| 5XL | 22-22½″ | 62-64″ | 58-60″ | 38½-39" |
|  |  |  |  |  |

SIZE CONVERSION GUIDE

Women’s Clothing / Tops

| JP | US | IT | FR | GBR |
| --- | --- | --- | --- | --- |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| XS 5 | 0 | 36 | 34 | 4 |
| S 7 | 2 | 38 | 36 | 6 |
| M 9 | 4 | 40 | 38 | 8 |
| M 11 | 6 | 42 | 40 | 10 |
| L 13 | 8 | 44 | 42 | 12 |
| L 15 | 10 | 46 | 44 | 14 |
| XL 17 | 12 | 48 | 46 | 16 |
| XL 19 | 14 | 50 | 48 | 18 |

Women’s Clothing / Bottoms

| JP | US | IT | FR | GBR |
| --- | --- | --- | --- | --- |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| XS 5 | 0 | 36 | 34 | 4 |
| S 7 | 2 | 38 | 36 | 6 |
| M 9 | 4 | 40 | 38 | 8 |
| M 11 | 6 | 42 | 40 | 10 |
| L 13 | 8 | 44 | 42 | 12 |
| L 15 | 10 | 46 | 44 | 14 |
| XL 17 | 12 | 48 | 46 | 16 |
| XL 19 | 14 | 50 | 48 | 18 |

### WOMEN'S SIZE CHART

|  |  |  |  |
| --- | --- | --- | --- |
| **Size** | **Bust** | **Waist** | **Hips** |
| XS (0-2) | 32-33″ | 26½-27″ | 34½-35½″ |
| S (4-6) | 34-35″ | 27½-28½″ | 36½-37½″ |
| M (8-10) | 36-37″ | 29½-30½″ | 38½-39½″ |
| L (12-14) | 38½-40″ | 32-33½″ | 41-42½″ |
| XL (16-18) | 42-43½″ | 34-36″ | 44-46″ |
| XXL (20-22) | 45-46½″ | 38-40″ | 48-50″ |
| 1X (16W-18W) | 43-45″ | 36-38″ | 46-48″ |
| 2X (20w-22w) | 47-49″ | 40-42″ | 50-52″ |

### Size Conversions For Women’s Dresses

| EU | INT | FR | IT | UK |
| --- | --- | --- | --- | --- |
| 32 | XXS | 34 | 38 | 4 |
| 34 | XS | 36 | 40 | 6 |
| 36 | S | 38 | 42 | 8 |
| 38 | M | 40 | 44 | 10 |
| 40 | L | 42 | 46 | 12 |
| 42 | XL | 44 | 48 | 14 |
| 44 | XXL | 46 | 50 | 16 |
| 46 | 3XL | 48 | 52 | 18 |
| 48 | 4XL | 50 | 54 | 20 |
| 50 | 5XL | 52 | 56 | 22 |
| 52 | 6XL | 54 | 58 | 24 |
| 54 | 7XL | 56 | 60 | 26 |
| 56 | 8XL | 58 | 62 | 28 |
| 58 | 9XL | 60 | 64 | 30 |
| 60 | 10XL | 62 | 66 | 32 |

### Body Measurements

| EU | INT | BUST | WAIST | HIP |
| --- | --- | --- | --- | --- |
| 32 | XXS | 76 | 63 | 85 |
| 34 | XS | 80 | 66 | 89 |
| 36 | S | 84 | 69 | 93 |
| 38 | M | 88 | 72 | 97 |
| 40 | L | 92 | 76 | 100 |
| 42 | XL | 96 | 80 | 103 |
| 44 | XXL | 100 | 85 | 106 |
| 46 | 3XL | 104 | 90 | 109 |
| 48 | 4XL | 110 | 96.5 | 114 |
| 50 | 5XL | 116 | 103 | 119 |
| 52 | 6XL | 122 | 109.5 | 124 |
| 54 | 7XL | 128 | 116 | 130 |
| 56 | 8XL | 134 | 122.5 | 136 |
| 58 | 9XL | 140 | 129 | 142 |
| 60 | 10XL | 146 | 135.5 | 148 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Brand size** | **UK** | **Chest** | **Waist** | **Sleeve length** | **Neck** |
| Small (Slim) | Small | 40 - 42 | 40 | 25.7 | 14.7 |
| Medium (Slim) | Medium | 42 - 44 | 42 | 25.9 | 15.5 |
| Large (Slim) | Large | 44 - 46 | 44 | 26.1 | 16.2 |
| X-Large (Regular) | X-Large | 46 - 48 | 46 | 26.4 | 17 |
| XX-Large (Regular) | XX-Large | 48 - 50 | 48 | 26.6 | 17.8 |
| XXX-Large (Regular) | XXX-Large | 50 - 52 | 50 | 26.8 | 18.6 |
| XXXX-Large (Regular) | XXXX-Large | 52 - 54 | 52 | 27.1 | 19.4 |
| XXXXX-Large (Regular) | XXXXX-Large | 54 - 56 | 54 | 27.3 | 20.2 |
| XXXXXX-Large (Regular) | XXXXXX-Large | 56 - 58 | 56 | 27.6 | 21 |

**UK SATIN & FASHION SHIRT**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Brand size** | **UK** | **Chest** | **Waist** | **Sleeve length** | **Neck** |
| Small (Regular) | Small | 41 - 43 | 42 | 25.9 | 14.7 |
| Medium (Regular) | Medium | 43 - 45 | 44 | 26.1 | 15.5 |
| Large (Regular) | Large | 45 - 47 | 46 | 26.3 | 16.2 |
| X-Large (Regular) | X-Large | 47 - 49 | 48 | 26.6 | 17 |
| XX-Large (Regular) | XX-Large | 49 - 51 | 50 | 26.8 | 17.8 |
| XXX-Large (Regular) | XXX-Large | 51 - 53 | 52 | 27 | 18.6 |
| XXXX-Large (Regular) | XXXX-Large | 53 - 55 | 54 | 27.3 | 19.4 |
| XXXXX-Large (Regular) | XXXXX-Large | 55 - 57 | 56 | 27.5 | 20.2 |
| XXXXXX-Large (Regular) | XXXXXX-Large | 57 - 59 | 58 | 27.8 | 21 |

**UK TAPERED FIT SHIRT**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Brand size** | **UK** | **Chest** | **Waist** | **Sleeve length** | **Neck** |
| Small | Small | 40 | 41 | 25 | 15 |
| Medium | Medium | 42 | 43 | 25.5 | 15.5 |
| Large | Large | 43 | 44 | 26 | 16.5 |
| X-Large | X-Large | 45 | 46 | 26.5 | 17.5 |
| XX-Large | XX-Large | 46 | 47 | 27 | 18 |
| XXX-Large | XXX-Large | 49 | 50 | 27.5 | 19 |
| XXXX-Large | XXXX-Large | 51 | 52 | 28 | 19.5 |

**UK SWEATSHIRT**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Brand size** | **UK** | **Chest** | **Waist** | **Sleeve length** |
| Small | Small | 38 | 37 | 20 |
| Medium | Medium | 40 | 38.6 | 20.2 |
| Large | Large | 42 | 40 | 20.4 |
| X-Large | X-Large | 44 | 41.6 | 20.6 |
| XX-Large | XX-Large | 46 | 43.2 | 20.8 |
| XXX-Large | XXX-Large | 48 | 44.8 | 21 |
| XXXX-Large | XXXX-Large | 50 | 46.4 | 21.2 |

**UK T-SHIRT & POLO SHIRT**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Brand size** | **UK** | **Chest** | **Waist** | **Sleeve length** |
| Small | Small | 38 | 37 | 7.5 |
| Medium | Medium | 40 | 38.6 | 7.7 |
| Large | Large | 42 | 40 | 7.9 |
| X-Large | X-Large | 44 | 41.6 | 8.1 |
| XX-Large | XX-Large | 46 | 43.2 | 8.3 |
| XXX-Large | XXX-Large | 48 | 44.8 | 8.5 |
| XXXX-Large | XXXX-Large | 50 | 46.4 | 8.7 |