## HOW TO MEASURE YOUR BODY FOR PANTS



#### 1. Waist

Measure around the narrowest part (typically the small of your back and where your body bends side to side), keeping the tape horizontal.

#### 2. Hip

Measure around the fullest part of your hips, keeping the tape horizontal.

### 3. Body Inseam

Measure from your crotch to the bottom of your leg.

## MEN'S BODY MEASUREMENTS FOR BOTTOMS

### COUNTRY: UNITED STATES

	WAIST (in)	HIP (in)	REGULAR INSEAM (in)	LONG INSEAM (in)	SHORT INSEAM (in)
S	29 - 32	35 - 37 1 <i>1</i> 2	32 1/4	34 1/4	30 1/4
M	32 - 35	37 1 <i>1</i> 2 - 41	32 1 <i>1</i> 2	34 1/4	30 1/2
L	35 - 38	41 - 44	32 3/4	34 3/4	30 3/4
XL	38 - 43	44 - 47	33	35	31
XXL	43 - 47 1/2	47 - 50 1/2	33 1/4	35 1/4	31 1/4
XXXL	47 1/2 - 52 1/2	50 1/2 - 53 1/2	33 1 <i>1</i> 2	35 1/2	31 1/2

# **Choosing the Right Size**

Body measurements are given in inches. If your body measurement is on the borderline between two sizes, order the smaller size for a tighter fit or the larger size for a looser fit.

If your body measurements for waist and hips result in two different suggested sizes, order the size from your hip measurement.