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What Men's size am I? On this site you will find Men's Sizing Charts, Converters from and to US-sizes and an easy guides how to measure your waist, chest, and other sizes. It is important to know that clothing sizes vary depending on the piece of clothes, the manufacturer and the brand. How can you make sure you get the right size when shopping? By measuring your individual body measurements and using our practical size chart, you not only save time, you also avoid unpleasant mistakes. So, how can we help you? Size, posture, and figure determine your clothing size. Get your measurements and then use one of the size charts to find your perfect fit. Be sure to measure without clothes and close to the body. Stand up straight. Make sure your outer garments are removed because you need to measure on the skin and not over clothing to ensure you get the most accurate measurement. Locate the middle part of the rib cage and the top of the hip bone. Place the tape measure at that middle point and then wrap it around the natural waist with one end overlapping the other. Breathe normally and record the measurements accordingly. The chest is the most important body part for jacket, shirt or suit jacket measurement. Stand up straight, relax your arms at your side. Ideally ask your mum, spouse, or best friend, to wrap the tape measure around your chest area. Make sure the tape measure has a little room (max. an inch) to move. Depending on the type of jacket (casual vs. formal) you can add an inch (casual can be looser). Measure horizontally around the body at the strongest part of the chest with a tape measure. Hip measurement: The hip is measured in the same way as described above for the chest but around your hip. Measure horizontally at the strongest part of the buttocks. Height measurement: Please take off your shoes as measurements need to be made without footwear, from head to toe. The recommended measuring point is the door frame in which you can stand up straight. To convert US-Sizes into International Sizes (EURO-Sizes), International Men's Sizes US Sizes Men's EU Sizes Men's UK Sizes Men's French Sizes Men's Italian Sizes Men's XS 30-40 30XS 32-42 32XS 34-44 34XS 36-46 36XS 38-48 38XS 40-50 40XS 42-52 42XS 44-54 44XS 46-56 46XS 48-58 48XS 50-60 50XS 52-62 52XS 54-64 54XS 56-66 56XS 58-68 58XS 60-70 60XS 62-72 62XS 64-74 64XS 66-76 66XS 68-78 68XS 70-80 70XS 72-82 72XS 74-84 74XS 76-86 76XS 78-88 78XS 80-90 80XS 82-92 82XS 84-94 84XS 86-96 86XS 88-98 88XS 90-100 90XS 92-102 92XS 94-104 94XS 96-106 96XS 98-108 98XS 100-110 100XS 102-112 102XS 104-114 104XS 106-116 106XS 108-118 108XS 110-120 110XS 112-122 112XS 114-124 114XS 116-126 116XS 118-128 118XS 120-130 120XS 122-132 122XS 124-134 124XS 126-136 126XS 128-138 128XS 130-140 130XS 132-142 132XS 134-144 134XS 136-146 136XS 138-148 138XS 140-150 140XS 142-152 142XS 144-154 144XS 146-156 146XS 148-158 148XS 150-160 150XS 152-162 152XS 154-164 154XS 156-166 156XS 158-168 158XS 160-170 160XS 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