

Standard Belt Size Guide

Category Waist Measurement Belt Size

Men

30" waist	30 inches	32 inches
32" waist	32 inches	34 inches
34" waist	34 inches	36 inches
36" waist	36 inches	38 inches

Women

XS	24" - 26"	26" - 28"
S	28" - 30"	30" - 32"
M	32" - 34"	34" - 36"
L	36" - 38"	38" - 40"

Boys & Girls

Age 4-6	20" - 22"	22" - 24"
Age 7-9	23" - 25"	25" - 27"
Age 10-12	26" - 28"	28" - 30"