

PUMA SIZE GUIDE

Getting the right fit for your clothes can be tricky. Let our PUMA size guide help you. Our PUMA size chart is divided in different tables for men, women, kids, toddlers and babies and gives you information on our clothing size chart, our shoe size chart as well as our PUMA shoe size conversion. But that's not all, you can also find more specialized information such as our PUMA sports bra size guide and our PUMA underwear sizing. Browse our guide and find the best fit for you.

International Size Conversions

Women's clothing

DE	UK	FR	IT	ES	US
32	6	34	38	36	XXS
34	8	36	40	38	XS
36	10	38	42	40	S
38	12	40	44	42	M
40	14	42	46	44	L
42	16	44	48	46	XL
44	18	46	50	48	XXL
46	20	48	52	50	3XL

Women's pants

DE	UK	FR	IT	ES	US
34	8	36	38	38	26
36	10	38	40	40	28
36 - 38	10 - 12	38 - 40	40 - 42	40 - 42	29
38	12	40	42	42	30

DE	UK	FR	IT	ES	US
38 - 40	12 - 14	40 - 42	42 - 44	42 - 44	31
40	14	42	44	44	32
42	16	44	46	46	33
42 - 44	16 - 18	44 - 46	46 - 48	46 - 48	34
44	18	46	48	48	36

Men's clothing

DE	UK	FR	IT	ES	US
38	XXS	38	38	38	XXS
40 - 42	XS	40 - 42	42	42	XS
44 - 46	S	44 - 46	46	46	S
48 - 50	M	48 - 50	50	50	M
52 - 54	L	52 - 54	54	54	L
56 - 58	XL	56 - 58	58	58	XL
60 - 62	XXL	60 - 62	62	62	XXL
64 - 66	3XL	64 - 66	66	66	3XL

Men's pants

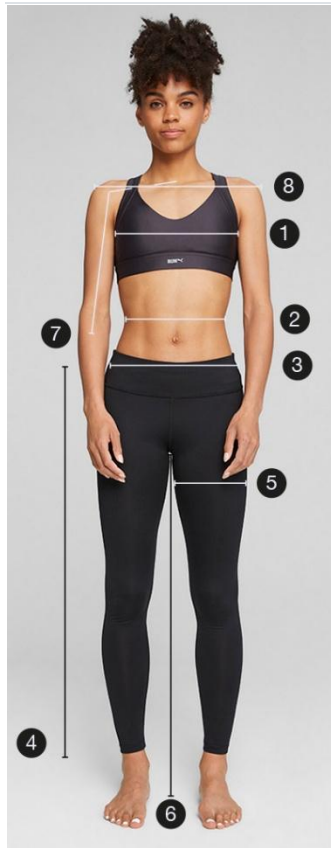
DE	UK	FR	IT	ES	US
38	XXS	32	38	32	28
40 - 42	XS	34 - 36	40 - 42	34 - 36	29

DE	UK	FR	IT	ES	US
44	XS - S	38	44	38	30
44 - 46	S	38 - 40	44 - 46	38 - 40	31
46	S - M	40	46	40	32
48	M	42	48	42	33
50	M - L	44	50	4	34
52	L	46	52	46	36
54	L - XL	48	54	48	38
56	XL	50	56	50	40

Kids clothing

DE	UK	FR	IT	ES	US
110	4 - 5Y	5	110	5	5
116	5 - 6Y	6	116	6	6
128	7 - 8Y	8	128	8	XS
140	9 - 10Y	10	140	10	S
152	11 - 12Y	12	152	12	M
164	13 - 14Y	14	164	14	L
176	15 - 16Y	16	176	16	XL

How to measure yourself



1 – Bust	Measure around the fullest part of your bust, keeping the measuring tape horizontal
2 – Waist	Measure around the narrowest part of your waist (about two fingers' width higher than your belly button), keeping the measuring tape horizontal.
3 – Hips	Measure around the widest area of your hips and buttocks, ensuring the measuring tape remains horizontal.
4 – Side seam	Measure vertically from your hip to your ankle.
5 - Thigh	Measure around the fullest part of your thigh, keeping the measuring tape horizontal.
6 - In seam	Measure vertically from the crotch to the bottom of your heel.
7 - Sleeve length	Position the tape at the center of your back (just below the neck), then measure across the shoulder and down the arm to the wrist, while keeping your arm slightly bent.
8 - Shoulder width	Measure straight across the back from the top of one shoulder to the other.

How to measure yourself



1 – Chest	Measure around the fullest part of your bust, keeping the measuring tape horizontal
2 – Waist	Measure around the narrowest part of your waist (about two fingers' width higher than your belly button), keeping the measuring tape horizontal.
3 – Hips	Measure around the widest area of your hips and buttocks, ensuring the measuring tape remains horizontal.
4 – Side seam	Measure vertically from your hip to your ankle.
5 - Thigh	Measure around the fullest part of your thigh, keeping the measuring tape horizontal.
6 - In seam	Measure vertically from the crotch to the bottom of your heel.
7 - Sleeve length	Position the tape at the center of your back (just below the neck), then measure across the shoulder and down the arm to the wrist, while keeping your arm slightly bent.
8 - Shoulder width	Measure straight across the back from the top of one shoulder to the other.