

How to determine if your bra is the correct size:

While this method is generally reliable, every body type, bra style or brand is different and results may vary.

To assure a "proper fit" use these general guidelines:

- When the bra is a correct fit, the cup should completely contain the breast.
- The breast should not spill over the top or sides of the cup, this indicates the cup is too small.
- The bra should be snug but not too tight around the body.
- The bra feels comfortable.

First step:

Band Size: _____

Determine your band size:

- a. Hold the WHB measuring tape straight and not too tight.
- b. Measure with your bra on.
- c. Stand straight with your arms at your side.
- d. Measure directly under the breast:
 - If your measurement is an uneven number (29, 31, 33 inches) add 5 inches to this measurement. For example: 31 inches + 5 inches = a band size of 36 inches.
 - If your band measurement is an even number (30, 32, 34 inches) then add 4 inches. For example: 32 inches + 4 inches = a band size of 36 inches.

Any measurement that falls between an inch, use the next inch up.

Second step:

Cup Size: _____

Determine your cup size:

- a. Measure completely around the bust at the fullest point.
- b. The difference between this measurement and your band size is your cup size.
- c. Each inch of difference is equal to one cup size.
 - For example if your band size is 35 inches and your bust measures 36 inches you wear a B cup.
 - If the difference is:
 - Less than 1 inch = A cup
 - 1 inch = B cup
 - 3 inch = C cup
 - 4 inch = D cup
 - 5 inch = DD cup

Your actual bra size: _____

Fitting tips to improve accuracy:

- a. Have someone help with the measurements.
- b. Stand up straight.
- c. Do not measure over the top of clothing.
- d. Wear a comfortable bra during the measurement process.
- e. Use the **WHB Fit Kit**.

