

Bra Size Measurement Chart: How to Find Your Perfect Fit

Finding your perfect bra size can feel like a guessing game, but it doesn't have to. This chart helps you measure yourself correctly and translate those numbers into your US bra size. You'll need a soft measuring tape and a mirror. First, measure your band size, then your bust size, and use the differences to find your cup. Get ready for a better fit! You can download this chart to keep handy, or print it out for easy reference while you measure.

MEASUREMENT TYPE ↕	INCHES ↕	US SIZE COMPONENT ↕	HOW TO MEASURE / WHAT IT MEANS ↕
Band Size	28.0 - 29.0	28	Snug measurement around your rib cage, directly under your bust.
Band Size	29.0 - 30.0	30	Snug measurement around your rib cage, directly under your bust.
Band Size	30.0 - 31.0	32	Snug measurement around your rib cage, directly under your bust.
Band Size	31.0 - 32.0	34	Snug measurement around your rib cage, directly under your bust.
Band Size	32.0 - 33.0	36	Snug measurement around your rib cage, directly under your bust.
Band Size	33.0 - 34.0	38	Snug measurement around your rib cage, directly under your bust.
Band Size	34.0 - 35.0	40	Snug measurement around your rib cage, directly under your bust.
Band Size	35.0 - 36.0	42	Snug measurement around your rib cage, directly under your bust.
Band Size	36.0 - 37.0	44	Snug measurement around your rib cage, directly under your bust.
Band Size	37.0 - 38.0	46	Snug measurement around your rib cage, directly under your bust.
Band Size	38.0 - 39.0	48	Snug measurement around your rib cage, directly under your bust.
Cup Size	0 - 1	AA	Difference between your full bust measurement and your calculated band size.
Cup Size	1	A	Difference between your full bust measurement and your calculated band size.
Cup Size	2	B	Difference between your full bust measurement and your calculated band size.
Cup Size	3	C	Difference between your full bust measurement and your calculated band size.
Cup Size	4	D	Difference between your full bust measurement and your calculated band size.
Cup Size	5	DD	Difference between your full bust measurement and your calculated band size.
Cup Size	6	DDD (F)	Difference between your full bust measurement and your calculated band size.
Cup Size	7	G	Difference between your full bust measurement and your calculated band size.
Cup Size	8	H	Difference between your full bust measurement and your calculated band size.
Cup Size	9	I	Difference between your full bust measurement and your calculated band size.
Cup Size	10	J	Difference between your full bust measurement and your calculated band size.
Cup Size	11	K	Difference between your full bust measurement and your calculated band size.
Cup Size	12	L	Difference between your full bust measurement and your calculated band size.

24 rows