

SIZE GUIDE

Our size guide will help you find the right size for your Tranemo garment. Men and ladies have different body types and should therefore, use different body measurements when choosing the correct size. Take the measurements directly on your underwear, room for movement is already calculated into the design of the garment.

LADIES

The Swedish ladies size 34-48 was previously UK size range 8-22.

As a result of customer feedback that the UK size was a smaller fitting, during 2024 the size range will be moved down to sizes 6-20.

If you have a repeat order or want an identical size as previously ordered, please use the Swedish sizing 34-48.

Please be aware, there will be a transition period where paper labels will be correct, but some sewn in labels may have old sizing on it.

Primarily use hip measurements to choose the right size.

C-size (Regular waist and regular leg length)								
UK Size	6	8	10	12	14	16	18	20
Size	34	36	38	40	42	44	46	48
Waist inches	29/31"	30/31"	32/31"	33/31"	34/31"	36/31"	38/31"	40/31"
Hip (cm)	90-93	93-96	96-99	99-102	102-106	106-110	110-115	115-120
Waist (cm)	71-74	74-77	77-80	80-84	84-88	88-92	92-96	96-101
Inside leg (cm)	78	78	78	78	78	78	78	78
Inside leg inches (cm)	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"
C-size (Regular waist and longer leg length)								
UK Size	6T	8T	10T	12T	14T	16T	18T	20T
Size	34T	36T	38T	40T	42T	44T	46T	48T
Waist inches	29/32"	30/32"	32/32"	33/32"	34/32"	36/32"	38/32"	40/32"
Hip (cm)	90-93	93-96	96-99	99-102	102-106	106-110	110-115	115-120
Waist (cm)	71-74	74-77	77-80	80-84	84-88	88-92	92-96	96-101
Inside leg (cm)	82	82	82	82	82	82	82	82
Inside leg inches (cm)	32.3"	32.3"	32.3"	32.3"	32.3"	32.3"	32.3"	32.3"

Primarily use hip measurements to choose the right size.

Size	S	M	L	XL	XXL
Chest (cm)	82-88	88-94	94-100	100-107	107-116
Hip (cm)	92-98	96-103	101-108	106-114	113-121
Waist (cm)	70-80	74-84	80-90	85-95	92-102
Shoulder+Sleeve (cm)	71-73	73-75	74-76	76-78	77-79
Corresp. mens size	XXS	XS	S	M	L





GENTS

Primarily use waist and inside leg measurements to choose the right size of trousers.

C-size (Regular waist and regular leg length)

Size	44	46	48	50	52	54	56	58	60	62	64
Waist inches	30"R	32"R	33"R	34"R	36"R	38"R	40"R	42"R	45"R	48"R	50"R
Waist (cm)	74-78	78-82	82-86	86-90	90-94	94-99	99-104	104-110	110-116	116-122	122-128
Hip (cm)	94	98	102	106	110	114	118	122	126	130	134
Inside leg (cm)	79	80	81	82	83	84	85	85	85	85	85
Inside leg inches	31"	31.5"	32"	32.4"	32.8"	33.1"	33.5"	33.5"	33.5"	33.5"	33.5"

C-size (Regular waist and longer leg length)

Size	146	148	150	152	154	156
Waist inches	32"T	33"T	34"T	36"T	38"T	40"T
Waist (cm)	78-82	82-86	86-90	90-94	94-99	99-104
Hip (cm)	98	102	106	110	114	118
Inside leg (cm)	85	86	87	88	89	90
Inside leg inches	33.5"	34"	34.4"	34.8"	35"	35.5"

D-size (Larger waist and shorter leg length)

Size	80	84	88	92	96	100	104	108	112	116	120
Waist inches	28"S	30"S	32"S	33"S	34"S	36"S	38"S	40"S	42"S	45"S	48"S
Waist (cm)	72-76	76-80	80-84	84-88	88-92	92-96	96-100	100-105	105-110	110-116	116-122
Hip (cm)	90	93	96	100	104	108	112	116	120	124	128
Inside leg (cm)	78	78	78	78	78	78	79	80	81	81	81
Inside leg inches	30.7"	30.7"	30.7"	30.7"	30.7"	30.7"	31"	31.5"	32"	32"	32"

Primarily use chest measurements to choose the right size.

Size	XXS	XS	S	M	L	XL	XXL	3XL	4XL
Chest (cm)	78-86	84-92	90-98	96-104	102-110	108-116	114-122	120-128	126-134
Hip (cm)	86-92	90-96	94-100	98-106	104-112	110-118	116-124	122-130	128-136
Shoulder+Sleeve (cm)	73-76	75-77	77-80	80-82	81-84	83-85	84-87	86-88	87-90
Shirt size	33-34	35-36	37-38	39-40	41-42	43-44	45-46	47-48	49-50
C-size mens	40-42	44	46-48	50	52-54	56	58-60	62	64-66