

Measure waist circumference.

Size	Waist Circumference	Standard Item Number	Low-Profile Item Number
S	25 - 30 in (63.5 - 76 cm)	50R217N=S	50R144N=S
M	30 - 35 in (76 - 89 cm)	50R217N=M	50R144N=M
L	35 - 40 in (89 - 101.5 cm)	50R217N=L	50R144N=L
XL	40 - 45 in (101.5 - 114.5 cm)	50R217N=XL	50R144N=XL
XXL	45 - 50 in (114.5 - 127 cm)	50R217N=XXL	50R144N=XXL
XXXL	50 - 55 in (127 - 139 cm)	50R217N=XXXL	50R144N=XXXL
XXXXL	56 - 68 in (139.5 - 172.5 cm)	50R217N=XXXXL	