



GlideWear Men's Skin Protection Underwear Size Chart

	S	M	L	XL	XXL	3XL	4XL	5XL
Waist (inches)	28-30	30-34	34-38	38-42	42-46	46-50	50-54	54-58
Waist (cm)	71-76	76-86	86-97	97-107	107-117	117-127	127-137	137-147



GlideWear Women's Skin Protection Shorts Size Chart

	XS	S	M	L	XL	XXL	3XL	4XL
Waist (inches)	23-25	25-28	28-31	31-36	36-40	40-44	44-48	48-52
Waist (cm)	58-63	63-71	71-78	78-91	91-101	101-111	111-121	121-132



How to Measure

With a cloth measuring tape, measure your waist as indicated in the diagram to the right. (If you don't have a cloth measuring tape, email info@glidewear.com to request one and we'll send it to you at no charge.) Use the charts above to choose the best size. If you're between sizes, we recommend ordering the larger size.



Questions?

Call us at 763-795-0057 and we'll be happy to help. Place your order at www.glidewear.com/shop.