

The patterns provided in the back of this book use the size charts below. This chart represents the US/UK standard, in which the band size is determined as the average of the chest and under bust measurements. Add the two measurements together and divide by 2 to achieve the average. Round to the nearest whole even number.

Chest Measurement	
Under Bust Measurement	
Average (Band Size)	

Please note that there is no standard size chart that all manufacturers use. Your bra size may vary based on manufacturer; but you can use

### BRA CUP SIZE - IMPERIAL

*Measurements in Inches*

Band Size	Bust Diameter															
	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	
28	A	B	C	D	E	F	G	H	I	J	K	L				
30		AA	A	B	C	D	E	F	G	H	I	J	K	L		
32			AAA	AA	A	B	C	D	E	F	G	H	I	J	K	
34					AAA	AA	A	B	C	D	E	F	G	H	I	
36							AAA	AA	A	B	C	D	E	F	G	
38									AAA	AA	A	B	C	D	E	
40											AAA	AA	A	B	C	
42													AAA	AA	A	
44																AAA

Band Size	Bust Diameter														
	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19
32	L														
34	J	K	L												
36	H	I	J	K	L										
38	F	G	H	I	J	K	L								
40	D	E	F	G	H	I	J	K	L						
42	B	C	D	E	F	G	H	I	J	K	L				
44	AA	A	B	C	D	E	F	G	H	I	J	K	L		
46		AAA	AA	A	B	C	D	E	F	G	H	I	J	K	
48				AAA	AA	A	B	C	D	E	F	G	H	I	J
50						AAA	AA	A	B	C	D	E	F	G	H

this chart as a starting point when determining what size you wear in ready-to-wear brands.

This book contains sizes 30A to 40F. Additional sizes from 30G through 40J are available online at [www.losangelesfashionresource.com](http://www.losangelesfashionresource.com). For larger sizes, custom bra drafting directions are found in the Advanced section.

It is my recommendation that AA and AAA use the same band as A and all cups over J use the same band size as J. This is suggested because of wire sizes. Larger wires may dig into the underarm and smaller wires may be too small for the body frame.

### BRA CUP SIZE - METRIC

*Measurements in Centimeters*

Band Size	Bust Diameter															
	11.25	12.5	13.75	15	16.25	17.5	18.75	20	21.25	22.5	23.75	25	26.25	27.5	28.75	
28	A	B	C	D	E	F	G	H	I	J	K	L				
30		AA	A	B	C	D	E	F	G	H	I	J	K	L		
32			AAA	AA	A	B	C	D	E	F	G	H	I	J	K	
34					AAA	AA	A	B	C	D	E	F	G	H	I	
36							AAA	AA	A	B	C	D	E	F	G	
38									AAA	AA	A	B	C	D	E	
40											AAA	AA	A	B	C	
42													AAA	AA	A	
44																AAA

Band Size	Bust Diameter														
	30	31.25	32.5	33.75	35	36.25	37.5	38.75	40	41.25	42.5	43.75	45	46.25	47.5
32	L														
34	J	K	L												
36	H	I	J	K	L										
38	F	G	H	I	J	K	L								
40	D	E	F	G	H	I	J	K	L						
42	B	C	D	E	F	G	H	I	J	K	L				
44	AA	A	B	C	D	E	F	G	H	I	J	K	L		
46		AAA	AA	A	B	C	D	E	F	G	H	I	J	K	
48				AAA	AA	A	B	C	D	E	F	G	H	I	J
50						AAA	AA	A	B	C	D	E	F	G	H

## SELECTING UNDERWIRES

Once a band and cup size has been determined, an underwire size must be selected. The underwire is related to the chart we used to determine the cup size. One underwire can fit up to 10 different sizes depending on the

measurements. US/UK underwires are generally sized by even numbers 28-60. Australian, Italian, French and international wires are based on the size conversion chart on page 21.

The underwires used in this book are full underwires. To fit a wire to the body, place it

### IMPERIAL WIRE CHART

Band Size	Bust Diameter														
	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5
28	28	30	32	34	36	38	40	42	44	46	48	50			
30		28	30	32	34	36	38	40	42	44	46	48	50	52	
32			28	30	32	34	36	38	40	42	44	46	48	50	52
34					30	32	34	36	38	40	42	44	46	48	50
36							32	34	36	38	40	42	44	46	48
38									34	36	38	40	42	44	46
40											36	38	40	42	44
42													38	40	42
44															40

Band Size	Bust Diameter															
	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5	17	17.5	18	18.5	19	
32	54															
34	52	54	56													
36	50	52	54	56	58											
38	48	50	52	54	56	58	60									
40	46	48	50	52	54	56	58	60	62							
42	44	46	48	50	52	54	56	58	60	62	64					
44	42	44	46	48	50	52	54	56	58	60	62	64	66			
46		42	44	46	48	50	52	54	56	58	60	62	64	66	68	
48				44	46	48	50	52	54	56	58	60	62	64	66	
50						46	48	50	52	54	56	58	60	62	64	

under and around the bust. A properly fitting underwire will encase all or most of the breast tissue.

Referring to the band size and bust diameter, choose the most appropriate underwire size.

When fitting an underwire, note comfort levels as the wire size increases and where it ends under the arm. On occasion, a wire that fits the breast tissue will sometimes dig into the underarm. If this is the case, use the next smaller underwire or cut the wire height down to size.

### METRIC WIRE CHART

Band Size	Bust Diameter														
	11.25	12.5	13.75	15	16.25	17.5	18.75	20	21.25	22.5	23.75	25	26.25	27.5	28.75
28	28	30	32	34	36	38	40	42	44	46	48	50			
30		28	30	32	34	36	38	40	42	44	46	48	50	52	
32			28	30	32	34	36	38	40	42	44	46	48	50	52
34					30	32	34	36	38	40	42	44	46	48	50
36							32	34	36	38	40	42	44	46	48
38									34	36	38	40	42	44	46
40											36	38	40	42	44
42													38	40	42
44															40

Band Size	Bust Diameter														
	30	31.25	32.5	33.75	35	36.25	37.5	38.75	40	41.25	42.5	43.75	45	46.25	47.5
32	54														
34	52	54	56												
36	50	52	54	56	58										
38	48	50	52	54	56	58	60								
40	46	48	50	52	54	56	58	60	62						
42	44	46	48	50	52	54	56	58	60	62	64				
44	42	44	46	48	50	52	54	56	58	60	62	64	66		
46		42	44	46	48	50	52	54	56	58	60	62	64	66	68
48				44	46	48	50	52	54	56	58	60	62	64	66
50						46	48	50	52	54	56	58	60	62	64