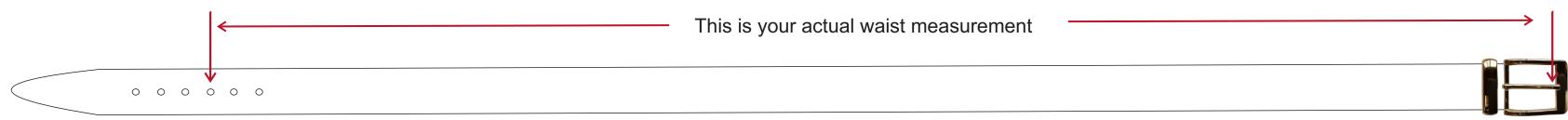
## How to select the right size

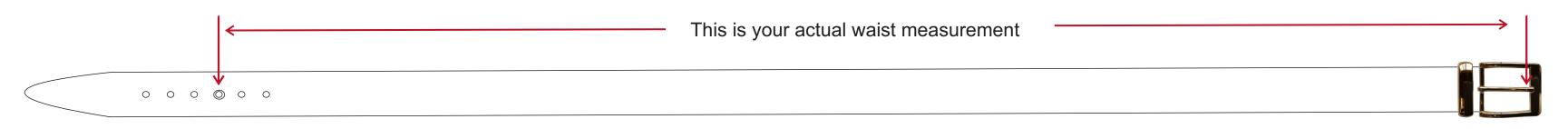
## Option 1: Use a Tape Measure

Measure your waist in the position where you wear your belt This will be your actual waist measurement and we will make the belt like below



## Option 2: Measure your Old Belt

Measure your old belt from the most worn hole - this will also give you your actual waist measurement This will be your actual belt size eg 40 inches - so we make you a 40 inch belt like below



## Option 3: Use the Size Label on your Jeans

Look at the size label on your pants. Your belt size will be 2 inches more than what your clothing label is. So if you wear 38 inch jeans (97 cm) then you will need a 40 inch belt (102 cm). Note 1 inch equals 2.54 cm. Unfortunately some clothing manufacturers can vary but if you do not have a tape measure handy then using your jeans size is the next best option.