

SIZE GUIDE

Our size guide will help you find the right size for your Tranemo garment. . Since men and ladies have different body shapes, it is important to use the appropriate measurement guide when choosing your size. Measure yourself over your underwear, the garments are designed with built-in room for movement.

LADIES

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

Based on customer feedback that UK sizes were running small, the size range was adjusted in 2024 to sizes 6–20. For repeat orders or if you wish to match a previously ordered size exactly, please refer to the Swedish sizing 34–48. Please note that during the transition period, paper labels will display the updated sizes, while some sewn-in labels may still show the old sizing.

Use your hip measurement as the main guide when selecting your 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"

Use your hip measurement as the main guide when selecting your 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





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Choose your trouser size primarily based on waist and inside leg measurements.

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