

You will need a pen / pencil, piece of paper and a measuring tape.

WAIST (1)

Wrap the measuring tape around your torso at the smallest part of your waist. Typically this is an inch or so above your belly button and is also known as the natural waistline.

HIPS (2)

Wrap the measuring tape around the widest part of the seat.

Make a note of your measurements, then click on the Size Guide tab, to find your best size.

Runs Small

Hint....Sizes run small, so if you are unfamiliar with the SHOALO brand please consider buying a size larger e.g. normally wear a 32, you may find a 34 a better fit

If in between sizes, please opt for the larger size

SHOALO Mens WP Swimsuits / Trunks (measurement in Inches)

| SIZE | WAIST (1) | HIPS (2) |
|------|-----------|----------|
| 20 | 20.1 | 23.6 |
| 22 | 22 | 25.6 |
| 24 | 24 | 27.6 |
| 26 | 26 | 29.5 |
| 28 | 28 | 31.5 |
| 30 | 29.9 | 33.5 |
| 32 | 31.9 | 35.4 |
| 34 | 33.9 | 37.4 |
| 36 | 35.8 | 39.4 |

| SIZE | WAIST (1) | HIPS (2) |
|------|-----------|----------|
| 38 | 37.8 | 41.3 |
| 40 | 39.8 | 43.3 |
| 42 | 41.7 | 45.3 |
| 44 | 43.7 | 47.2 |
| 46 | 45.7 | 49.2 |

Handy size guide for comparing men's water polo swimsuit brands (this is just a guide they are not an exact match)

| SHOALO | TURBO | BBOSI | DELFINA |
|--------|-----------|-------|---------|
| 20 | 2YR / 5XS | - | - |
| 22 | 4YR / 4XS | - | - |
| 24 | 6YR / 3XS | - | 2XS |
| 26 | 2XS | 2XS | XS |
| 28 | XS | XS | S |

| SHOALO | TURBO | BBOSI | DELFINA |
|--------|-------|-------|---------|
| 30 | S | S | М |
| 32 | М | М | L |
| 34 | L | L | XL |
| 36 | XL | XL | 2XL |
| 38 | 2XL | 2XL | 3XL |
| 40 | 3XL | 3XL | 4XL |
| 42 | 4XL | 4XL | 5XL |
| 44 | 5XL | - | - |
| 46 | - | - | - |