
Method 1: an existing belt

Lay the belt flat. Measure from the fold at the buckle to the hole you use most. That is your size.

Method 2: pants size

Add 2 inches to your pants waist size.

Method 3: your waist

Measure around your waist over clothing where the belt sits, then add about 2 inches.

My belt size

Width I prefer

Buckle style

Notes