Japan size card

Print this and keep it with you when you shop in Japan. Write your own sizes on the lines.

My top size: _____ My pants waist (cm): _____ My shoe size (cm): _____

Women's tops, dresses and skirts

Japan	US	UK	DE	FR	IT
5 (XS)	0–2	6	32	34	38
7 (S)	4	8	34	36	40
9 (M)	6	10	36	38	42
11 (L)	8	12	38	40	44
13 (XL)	10	14	40	42	46
15 (2XL)	12	16	42	44	48

Men's tops

Japan	US letter	US / UK (chest, in)	DE	FR	IT
S	XS	34	44	38	44
M	S	36	46	40	46
L	M	38	48	42	48
LL	L	40	50	44	50
3L	XL	42	52	46	52

Women's pants, by waist

Japan (waist)	US / UK (waist, in)	DE	FR	IT
58–61 cm (XXS)	23	30	32	34
61–64 cm (XS)	24	32	34	36
64–67 cm (S)	25	34	36	38
67–70 cm (M)	26–27	36–38	38–40	40–42
70–73 cm (L)	28–29	40–42	42–44	44–46
73–76 cm (XL)	30	44	46	48

Men's pants, by waist

Japan (waist)	US / UK (waist, in)	DE	FR	IT
68–71 cm (XS)	27	42–46	36–38	42–44
71–76 cm (S)	28–29	46–48	38–40	44–46
76–84 cm (M)	30–31	48–50	40–44	46–48
84–94 cm (L)	32–33	50–54	44–48	50
94–104 cm (XL)	34–35	54–58	48–50	51–52

Shoes

Women's shoe sizes

Japan (cm)	US	UK	EU
21	4	1	34
21.5	4.5	1.5	34.5
22	5	2	35
22.5	5.5	2.5	35.5
23	6	3	36
23.5	6.5	3.5	36.5
24	7	4	37
24.5	7.5	4.5	37.5
25	8	5	38
25.5	8.5	5.5	38.5
26	9	6	39
26.5	9.5	6.5	39.5
27	10	7	40
27.5	10.5	7.5	40.5
28	11	8	41

Men's shoe sizes

Japan (cm)	US	UK	EU
23.5	5.5	4.5	38.5
24	6	5	39
24.5	6.5	5.5	40
25	7	6	40.5
25.5	7.5	6.5	41
26	8	7	41.5
26.5	8.5	7.5	42
27	9	8	42.5
27.5	9.5	8.5	43
28	10	9	43.5
28.5	10.5	9.5	44
29	11	10	44.5
29.5	12	11	45
30	13	12	46

Words to show in a shop

Phrases for shopping

English	Japanese	Say it
Can I try this on?	試着してもいいですか？	Shichaku shite mo ii desu ka?
Do you have a larger size?	もう少し大きいサイズはありますか？	Mō sukoshi ōkii saizu wa arimasu ka?
Do you have a smaller size?	もう少し小さいサイズはありますか？	Mō sukoshi chiisai saizu wa arimasu ka?
Can you order this for me?	取り寄せできますか？	Toriyose dekimasu ka?
Can I return this?	返品できますか？	Henpin dekimasu ka?

Phrases for shopping

English	Japanese	Say it
Can you measure my feet?	足のサイズを測ってもらえますか？	Ashi no saizu o hakatte moraemasu ka?
Can I try these on?	試し履きしてもいいですか？	Tameshibaki shite mo ii desu ka?
Do you have 28 cm?	28センチはありますか？	Nijūhas-senchi wa arimasu ka?
Do you have a wider fit?	幅広のものはありますか？	Habahiro no mono wa arimasu ka?