

1. BAND SIZE

To determine your size using the Pin-up Girls bra patterns, you need only two measurements. It doesn't matter if you use inches or centimeters, just as long as you use the same for both measurements. Measure the high bust, pulling the tape snug against the skin but not tight. The high bust measurement determines your band size.



2. CUP SIZE

Now measure over the fullest part of the bust, but do not pull the tape snug, just tight enough to keep it from sliding down. This is the full bust measurement. To determine the cup size, subtract the high bust from the full bust measurement.

Band size

The chart below should help determine your band size:

If your High Bust measures	Use this band size
29 - 31" (73.5 cm - 78.5 cm)	30
31 - 33" (78.5 cm - 83.5 cm)	32
33 - 35" (83.5 cm - 89)	34
35 - 37" (89 cm - 94 cm)	36
37 - 39" (94 cm - 99 cm)	38
39 - 41" (99 cm - 104 cm)	40
41 - 43" (104 cm - 109 cm)	42
43 - 45" (109 cm - 114.5 cm)	44
45 - 47" (114.5 cm - 119.5 cm)	46
47 - 49" (119.5 cm - 124.5 cm)	48

Cup size

The difference determines the cup size. In my patterns, cup sizes are as follows:

If the difference is	Use this Cup size
0 - 1/2" (0 - 12 mm)	AAA
1/2 - 3/4" (12 - 20 mm)	AAA
3/4 - 1 3/4" (2 - 4.5 cm)	A
1 3/4 - 2 3/4" (4.5 cm - 7 cm)	B
2 3/4 - 3 3/4" (7 cm - 9.5 cm)	C
3 3/4 - 4 3/4" (9.5 cm - 12 cm)	D
4 3/4 - 5 3/4" (12 cm - 14.5 cm)	E
5 3/4 - 6 3/4" (14.5 cm - 17 cm)	F
6 3/4 - 7 3/4" (17 cm - 19.5 cm)	G
7 3/4 - 8 3/4" (19.5 cm - 22.5 cm)	H