



## HOW TO FIND YOUR WAIST AND INSEAM FOR PANTS

**Don't trust the label in your current Pants**, because many Companies use "Vanity Sizing" – or "Size Inflation", meaning: They label their Pants smaller than they actually are.

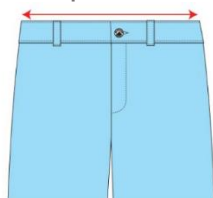
**KONTRA uses True Sizing for our Pants, not Vanity Sizing.**

To determine the right size for KONTRA's Pants - follow these two steps:

### **MEASURING WAIST:**

Lay your favorite Pant flat on a table or the floor to get an accurate measurement. Smooth out all wrinkles, button and zip up your Pant before measuring. Measure straight across at the top edge of the waistband and double your measurement.

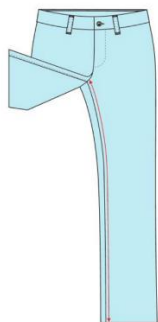
Example: 17" across the waistband,  $\times 2 = 34$ " is the waist size.



KONTRA's Pants come in even waist sizes: 26"–28"–30"–32"–34"–36"–38"–40"–42"–44"–46"–50"

### **MEASURING INSEAM:**

Lay your Pant flat and measure from the crotch point to the bottom of the inside of the leg. That will show the Inseam of your Pant.



KONTRA's Pants come in even inseams: 28"–30"–32"–34"–36"