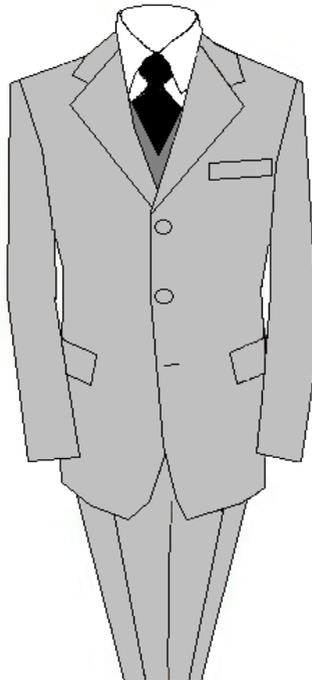


**ENGLISH VERSION**

# TransMann e.V.

**Contact Point and Information for TransMen**

**Everyday Life and Trial Period – Practical Tips**



**TransMann e.V. Informational Brochure**

This booklet was written and is maintained by TransMann e.V.'s research group "Infohefte" (informational brochures) (aki@transmann.de). We have researched the content to the best of our knowledge. The information is presented "as is" and may contain inaccuracies – TransMann e.V. does not grant warranties of any kind.

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## Abbreviations

TM e.V.	TransMann e.V. - The association For more information go to: <a href="http://www.transmann.de">www.transmann.de</a>
TM FtM	<b>TransMan</b> , Often also designated as female-to-male transsexual/transgender
TF, MtF	<b>TransWoman</b> , Often also designated as male-to-female transsexual/transgender
CIS*- people	All "non-trans* or intersex*people" Often also designated as "biological people"
SR or SRS	Sexual reassignment or sexual reassignment surgery. Surgical alterations of the genital region in order to match them with the gender identity
SHG/IC	Self-help group and information center
TSG	<b>Transsexuellengesetz (Transsexual Code)</b> German law that regulates changing one's first name(s) and legal gender as a German citizen.
MDK	<b>Medizinischer Dienst der Krankenversicherungen</b> (German arbitrating body for health insurance providers) Insurers must consult the MDK whenever an insured patient requests payment for a projectable medical procedure in Germany.
SoC	<b>Standards of Care</b> , American version of the German standards for writing a medical expertise and treating transsexuals. They really are useful guideline for "professionals", but are often "abused" by health insurance providers and the MDK who depict these guidelines as if they were codified law.

# 1. Trial Period

## 1.1 What does "trial period" mean?

In Germany, transitioning is regulated by the TSG ("Transsexuellengesetz"). This law defines the conditions under which one is allowed to change first name(s) and legal gender. This law ONLY applies to

- German citizens,
- stateless or homeless people who live in Germany legally and permanently
- and refugees who have been granted asylum in Germany.

The TSG, among other things, requires an 18 month accompanying psychotherapy. Part of this therapy is the so-called trial period. The definitions of "trial period" or "accompanying everyday life test" range from "living in the new gender role before any measures are taken" to "prior to sexual reassignment surgery."

In Germany, the term trial period usually means "trying to live in the desired gender role **before any medical or legal measures have been taken.**" In other words, you are expected to **live in the "new" gender role entirely in order to determine whether your expectations are (or can be) met**, so you may correct your expectations, if necessary.

Later, one gathers additional experience once the physical changes caused by the hormone therapy set in.

However, one does not have to take the trial period too far. It is not meant to be an "endurance test" one has to survive. If living in the new gender role at work means you might lose your job for example, you don't have to do that.

The target of the trial period is to show that you are at ease with your new gender identity the way it is and that you will be able to live in the desired gender role. Ideally the trial period should help you lead a more satisfied life.

(Source: *MDS Guidelines*, 2009)

### **1.2 Do I have to undergo a trial period?**

That depends – in case you are transitioning according to German law: yes, not because legislators require it, but rather because it helps you discover your true self and the treatment guidelines require it. Without sufficient experimenting, problems may arise when you later ask your health insurance company to pay for hormones or sexual reassignment therapy. However, if the TSG does not apply to you (see 1.1.), you do not have to undergo a trial period.

### **1.3 How long does the trial period last?**



The trial period is defined in the MDS Guidelines and may last up to 12 months before hormones are prescribed and up to 18 months before sex reassignment surgery is recommended.

For most transmen, the trial period unfolds naturally: one begins to live as a man (at last) and behaves accordingly. You come out to your friends and family. You get positive and negative feedback that you must cope with and from which you draw consequences for yourself.

These consequences may be positive, as well as negative.

For example, you may soon find out who your true friends are. The failure to understand and/or some people's attempts to hinder your transition may bring you closer to other friends and your family.

## 1.4 Tips for the time of the trial period



If you resist the trial period, you might actually make your transition more difficult!

However, if you give it a try and experiment, this may make things a lot easier - from interacting with others to making sure that your health insurance company is going to pay for hormones and sexual reassignment surgery further down the road.

### Advice # 1: Appearance:

You may already pass as a man until someone asks for your identity card – and that, of course, still shows your old first name.

Sure, situations like this cannot be avoided completely, but at least you can make things easier. For example, you can ask your therapist to write a short letter explaining that you are in transition. Together with your still valid identity card carrying the old first name, most people will understand the situation and shouldn't make a great fuss.



If you live in Germany, you might also consider getting a so-called "Ersatzausweis" (alternative identity card) from the **dgti** ("Gesellschaft für Transidentität und Intersexualität e.V.") the German Society for Transidentity and Intersexuality, which is recognized by most German authorities.

For more information please go to [www.dgti.org](http://www.dgti.org)



Picture: [www.dgti.org](http://www.dgti.org)

### Advice # 2: Coming out:

In course of the trial period, you are also required to gradually come out to relatives, friends and acquaintances, as well as at the workplace. It is recommended that you give everyone involved sufficient time to accustom to the new situation and to process the new information about your true identity.

Some people may still find it difficult to use your new first name and the correct pronoun in the beginning. Some may even have difficulties with the new situation in general. It's best not to react too offended. Please keep in mind how much time it took you until you decided to transition.

### Advice # 3: Demeanor / behavior:



Please do not **exaggerate** – just be yourself!!!!!!

Do not try to walk like a cowboy or speak as if you spent the entire previous night in a bar. Just be you and chances are no one will realize that something is "different".

Nevertheless, you should be prepared for quizzical looks now and then. This simply results from that mixture of “still being a bit woman, but not completely a man” – only one strategy helps here: close your eyes and press on!

In this phase you are the most convincing when you act naturally.

It's the others who have a problem, not you...

## 2. Technical Aids and Practical Tips

Prior to sexual reassignment surgery, you can make your life easier using certain aids.

### 2.1 Binders

Depending on your bust size, you may be able to conceal the female breast with the help of so-called binders.

Binders are available in various styles. Everyone should be able to find one that fits.

Binders must neither be too tight nor too loose-fitting. In general, it is better to push the breast to the sides instead of downwards. Concealing the breasts the wrong way, may cause tissue damage. And this may have negative impact on the result when you later have breast surgery.

Here are a few examples for good methods of breast binding:

#### 2.1.1 Medical bandages/rib bandages

There are rib bands that are designed for the treatment of cracked ribs. These bandages are fastened with Velcro, can be put on easily and achieve the desired effect.

Costs: € 25.00 and up



Picture: [www.amazon.de](http://www.amazon.de)

#### Advantages:

- Very effective, even for transmen with somewhat larger breasts.

#### Disadvantages:

- If you buy a bandage online, it might not fit perfectly and may have to be returned.

- Purchasing a bandage from a medical supply retailer might be embarrassing. Plus, there are special rib bandages for women (cut-out in front, to make sure the breasts are not squeezed). These are, of course, useless for our purposes. Hence you may have to explain to sales personnel why you need a men's rib bandage.
- Unfortunately, breathing is difficult when you wear such bandages. Anyone who wears them frequently and for longer periods of time might want to consult an experienced orthopedist, since wearing the rib bandage continually usually results in backache.
- The rib bandages may slip out of place when worn for a long time.

### **2.1.2 "Hot pants" - the power chemise you can sew yourself.**

Most of us have never enjoyed visiting the lingerie department. Now, that we think places like this are definitely a thing of the past for us, we find ourselves back there –to purchase a girdle.

Seriously. One can make a rather comfortable and effective binder using such a girdle.

We show you how to do that.

Henrik H. has written detailed instructions for you

## Shopping list for "hot pants"



- One skin-colored girdle, very simple design, without ruffles, bows, lace etc.  
How do I find the correct size?  
Circumference below breasts, minus 10 cm
- Sewing needles
- One sharp pair of scissors
- Dental floss "in one piece"  
(no threader floss or floss picks)

Skin-colored girdles are ideal. They are least visible beneath your clothing. The material should contain more than 10 percent spandex, lycra or elastane, the more the better (panties with a greater share of cotton may wear out). The size depends on the so-called underbust measurement, the circumference of the torso directly below the breast. Subtract 10 cm from this measurement to get the waist circumference of the suitable girdle. You might have to try on two sizes. The most old-fashioned types are suited best for our purpose. Plus, make sure to buy a girdle with a crotch that is the part between the legs, usually padded with cotton and attached to the front and the back of the main part of the girdle.

## Technical aids and practical tips

Next step:

tailor the girdle to fit your size:

The crotch is cut out, but (and this is very important!)

the elastic edging that frames the crotch and the entire leg openings must remain intact.

They are being turned into shoulder straps for our self-made binders! If you are lucky and your neck is not too sturdy, the binder is ready to wear. Please note: putting on and taking off such a homemade binder requires a little practice!



In most cases, however, the neckline is too tight. In this case, you must cut through the frontal seam that used to hold the crotch and further down along the edging/straps. Please note: do not cut too far. You can still do that if necessary.



Next you must stitch a new seam because this is where the material is strained most. In order to do this, roll in the cut-out piece (you might want to trim it first) and sew it on with an overcast stitch (like this ///////////////). Instead of regular yarn, you may want to use dental floss as it is more durable. Durable thread made entirely of polyester is suitable, as well. In Germany, ask for "Sternzwirn". Simple thread or buttonhole silk tears too easily.



You might have to tuck in the binder a bit lengthwise. Girdles are cross-elastic. Although this makes breathing easier, it can result in the binder wearing out too quickly. Use the same durable thread to tuck in the binder a bit. These darts are best sewn in an arc. The edges are not tucked in. Instead, you sew back in a semicircle at the end of the dart. That way you do not look bigger when wearing the binder. If the binder does not stay in place after a while, the straps have worn out. In this case you should first shorten the straps a bit instead of tucking in the binder even more right away.

### Advantages:

- Cheap (between 10 and 20 Euros), thin, durable, effective, permits normal breathing and is even suitable for sporting activities.

### Disadvantages:

- Some sewing necessary
- The strange feeling of having to buy a skin-colored girdle.



### 2.3.3 Shapeware

These are very popular, particularly in the USA. They look like undershirts or T-shirts and are designed to conceal the bellies or gynecomastia<sup>1</sup> of overweight men. In Germany, you can buy these from several shopping channels or online shops.

Price: € 25,- and up.

#### Advantages:

- Comfortable

#### Disadvantages:

- Might be too warm in summer.
- For larger breasts, you may need to wear two at the same time.
- Shorter designs for corpulent men may roll up and constrict your chest.



Picture: [www.amazon.de](http://www.amazon.de)

### 2.3.4 Medical compression vests ("boleros")



Picture: [www.triconmed.de](http://www.triconmed.de)

Some surgeons require you to wear a compression vest for a couple of weeks following a mastectomy (breast surgery). This supports the healing process and regression of excess skin.

With a little luck, a TM who has already undergone a mastectomy will give or sell you his used vest. But make sure that it really fits – these vests are very tight!

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<sup>1</sup> **gynecomastia** benign increase in the size of breast tissue in males

## 2.2 Stuffers and peeing aids

### 2.2.1 Stuffers/Packers

Unfortunately, in some situations it becomes apparent that you are lacking something in the genital region, e.g. when wearing tight trousers or swim shorts or in places minors have no access to. But there are solutions for this problem, too.



Please note: You won't need these technical aids as often as you might think at first. Loose-fitting pants hide the absence of male genitalia quite effectively. This is also a question of self-confidence: Do I really need something down there? Of course, when wearing tight pants at a party, you attract less attention with a stuffer.

#### **The classic solution: the sock**

You can simply use folded socks or socks packed in a condom. Best suited for this purpose are light socks. We advise you not to use winter socks, knee socks or Norwegian socks. That looks quite embarrassing! You can slip the condom over the folded socks and tie a knot. This way, you don't need wash your sock stuffer too often. Use a dry condom; otherwise you must wash it before use. Lubricants are useful when a condom is used for its original purpose, but not in this case.

If you wear men's underpants, make sure to buy the variety without a fly. The double-layer part up front is an ideal pouch for the stuffer:  
Stuff it in as deep as possible.

### Advantages:

- Comfortable
- Cheap
- Unproblematic

### Disadvantages:

- If someone touches you down there, they might notice something is "off"
- Stuffed socks do not work with swim shorts.

### **Packers for sale**

There are domestic and international sites that sell packers online. In Germany, for instance, there is "www.transtoy.de." They offer packers at reasonable prices. Please keep in mind that you may have to pick up your shipment at the customs office, if you order a packer from abroad.

### Advantages:

- Looks genuine,
- Rather long-lasting when handled with care,
- Adjusts to your body temperature rather quickly
- Feels natural.

### Disadvantage:

- These can be quite expensive

### **Penis prostheses made by an anaplastologist**

Some anaplastologists and make-up artists specialize in manufacturing penis prostheses for transgender people. These prostheses are made of a skin-friendly material and are tailored to its future wearer. The prostheses are attached using prosthetic adhesive that keeps them in place for several hours. According to reports, these prostheses can even be worn while doing sports activity visiting a sauna..

These prostheses are very expensive. Prices range from about € 300.- to € 2,000.-.

Even in Germany, most health insurance companies do not pay for prostheses. There have only been a few exceptions. They might pay, in case a TM patient cannot undergo genital reassignment surgery due to medical complications. However, health insurance companies decide each case individually following a thorough examination of the case..

### **Packers for swim shorts - two DIY models**

When buying swim shorts, make sure they have inner underpants. Insert the packer between the lining and the actual shorts, position the packer and sew it in or fasten it with a safety pin.

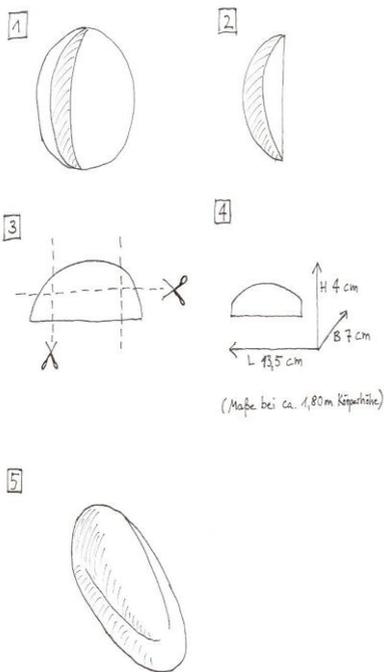
If you wear a packer with swim briefs or speedos, pick a packer that is not too large. Otherwise it may look unnatural. If you wear swim shorts over tight speedos (with packer inside), you usually achieve a rather natural look.

Swim shorts packers are also suitable for everyday use!

## Modell 1: "The carved packer" by Luis W."

You need:

- A soft ball (or other object) made of fine pored rubber foam
- A very sharp knife
- A pair of scissors



Cut a segment out of the ball (1), similar to the segments of an orange (2).

Cut away the ends (3) to match the specifications of the drawing (4) (for a body height of about 1.80 m).

This is the most difficult part: You have to smooth out the surface. However, too much detail won't be needed, e.g. carving a scrotum. Later, when you were the packer beneath your swim shorts, that won't make a difference

The final result resembles a penis, embedded in a soft oval shape. It is important to gently arch the upper part of the packer. That way it looks most naturally when worn (5).

Note:

When leaving the water, try to briefly squeeze the packer inconspicuously. That way you won't leave a trail of water.



You may as well pull a condom over the packer. Then the material cannot sponge up water.

You can experiment a bit to find out which method works best for you.

## Model 2: "The home-sown packer" by Sean M

You need:

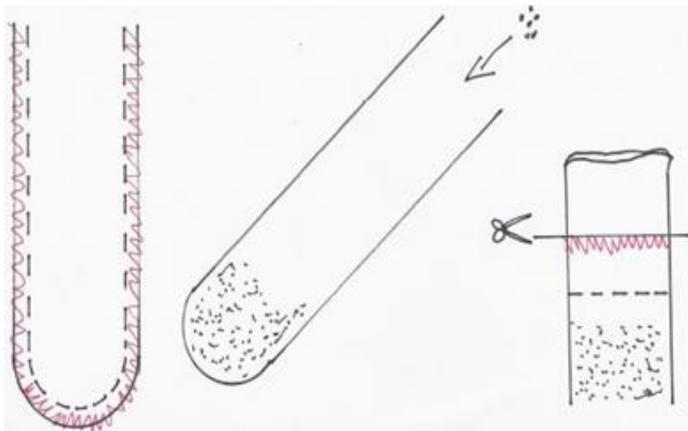
- A piece of sturdy fabric (no spandex!) e.g. cotton
- Filling material, e.g. styrofoam pellets from a washable pillow
- A sewing machine (if available) A safety-pin

Cut out two identical parts in the desired size plus seam allowance (Please note: in order to be able to fill the packer without difficulty, the fabric needs to be at least 10 centimeters/4 inches longer than you want your packer to be).

Now sew both parts together along the dashed line - if possible using a sewing machine. In order to make sure that the packer doesn't leak filling, make several seams if necessary, or select a threefold seam (depending on the type of sewing machine).

Then turn the packer inside out so that the seams are on the inside. Fill the packer with a little more filling material than you think is necessary and sew it shut above the filling – once again using a sewing machine or with several seams.

At last, cut away the surplus fabric and hem the top above the seam. You can fasten the packer inside your swim shorts using a safety-pin.



### **Dildos and vibrators**

Other than the stuffers and peeing aids that are designed to make everyday activities easier, dildos and vibrators are for fun, in other words, sex. Transmen who do not want to or cannot undergo genital reassignment surgery (or still have to wait for the surgery), don't need to live without sexual intercourse. There is a wide selection of technical aids you can use for this purpose.

Sex shops, such as “Transtoy’s” in Berlin, as well as other walk-in and online shops, offer dildos and/or vibrators that are held in place by a so-called harness so you have both hands free for other activities. Go for quality when buying such a harness: What could be more annoying than a chafing strap that doesn't fit perfectly or doesn't keep the dildo/vibrator in place.

Of course, using a strap-on dildo won't stimulate you since you cannot really feel the intercourse. However, some transmen report that you can still have fulfilling sex. After all, sex is more than a purely physical activity but also a psychological one.

Those who do not resent their (still somewhat female) body too much, can try out for themselves what a dildo or vibrator feels like. This may feel un-masculine at first, but this way you discover what it feels like for your (female) partner.

Only you yourself can find out whether such a harness or using dildos and vibrators – actively or passively – is an option for you.



Don't do anything you do not want to do - sexuality is one of the fields truly free of outside interference.

## 2.2.2 Urinating aids

Many TMs would like to urinate standing up. This, too, can be achieved without (prior to) genital reassignment surgery.

There are various options.

Online stores, as well as stores specializing in outdoor and camping equipment offer a selection of articles suitable for both men and women.

In addition there are packers with built-in urinating aids.

Handling urinating aids requires some practice.

Therefore, try them out at home – the shower or bathtub is an ideal place to do that. That way can you can avoid an unpleasant surprise.



### Advantages:

- You can urinate standing up
- You can avoid sitting on a potentially contaminated toilet seat

### Disadvantages:

- Urinating aids must be cleaned thoroughly after use (that's recommended, at least), which might prove difficult in public.

### Excursus: Urinating outdoors

If you cannot make it home or to the closest public toilet in time and have to urinate outdoors, you are committing a misdemeanor, legally speaking (in Germany). You might be fined when urinating outdoors. The sum depends on where you have done it. Nature-lovers, who commit this transgression in a forest or behind a bush, might get away with a € 35 fine when caught in the act. In a town on the other hand, the fine for urinating in public may be a three-digit sum..

### 3. Clothing

An old proverb says: The tailor makes the man.  
Another one says: Fine feathers make fine birds.

That's way we should think about clothes for a moment. The more femininely shaped you are, the more important is the right choice of clothes. Still, skinnier boys can make mistakes, as well - their body fat still is in the wrong places, too. Do not expect too much impact from taking hormones – although body fat redistribution occurs rather rapidly (after 3-6 months) it does take time.

It is always good to ask other transmen and/or friends for advice when picking clothing. You yourself are most likely to spot flaws. Your image of "male" might cause you to pick the wrong clothes and the wrong sizes.

Of course, your personal style is an important factor – while some prefer suit and tie, others have been wearing blue jeans their whole life. Stick with what you're used to, at least in the beginning!

### 3.1 The upper half of the body

As far as the upper half of the body is concerned, several thin pieces of clothing are preferable to one heavy one. Hence, a T-shirt, a shirt and perhaps a vest are better than one heavy sweater. If you must wear a binder, best pick an inconspicuous color – you might prefer black or white to skin-colored, but black or white might be visible beneath light-colored tops. When wearing a binder, a dark top is better than a light one – the darker the clothing, the less visible certain bulges become. Patterned fabrics are better than plain ones, particularly with bright pieces of clothing. But caution - we are not on Hawaii!

The conservative version: Many are tempted to wear a white shirt with a tie. After all, this outfit is one of the few still almost exclusively worn by men.

Men's shirts are measured by collar size. Simply measure your neck using a tape line, not TOO tight though. Under hormone treatment you might develop a more muscular neck. Don't forget to take a closer look to the cut.

There are shirts with extra short, regular and extra-long sleeves. Competent advice always helps.

If you want to know more, you can find plenty of information on styling in book stores and online.

Ties and tie knots are part of the first impression a man makes.

There is the perfect tie for every occasion. Therefore, you should pick your ties with great care.

Plenty of general styling tips are available on the internet and at specialized retail shops.

Making a tidy and accurate necktie knot requires some practice!

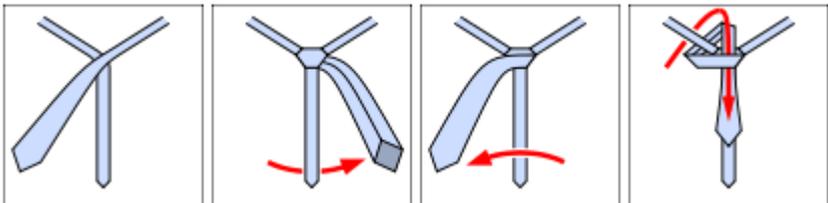
A badly tied knot tie isn't part of your individualistic style! The correct length: down to the belt. Always tie the knot standing in front of a mirror. Otherwise you are bound to end up with your tie hanging too short or too long.

The most common tie knots:

### The simple knot:

This is an all-time classic among tie knots. It is by far the most common knot because it is easy to tie. It also works well with most types of ties and shirt collars. This knot is ideal for men of medium height and tall men.

The simple knot is conical and oblong. Tied from light material, it is narrow, with thicker material, somewhat wider.



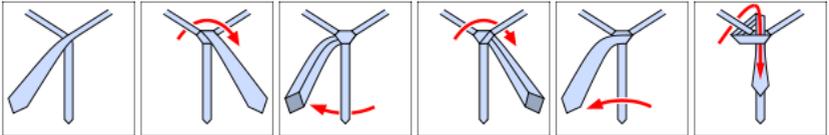
Picture: Wikipedia

### The Windsor knot:

This is a knot for special occasions. Typically English, it bears the name of the Duke of Windsor, who made it famous.

Since this knot is rather big, it is best used only with broader collars, e.g. the Italian or Windsor collar.

The knot is difficult to tie. To achieve a perfect fit, the knot must rest right between the two points of the collar. It must cover the top button of your shirt completely.



Picture: Wikipedia

There are numerous variations of this knot.

### **3.2 On top:**

Loose jackets and coats conceal all that is "too much" quite well. However, you must sometimes take them off, so you can only rely on them in part.

Jackets are great - provided they fit perfectly! Spend a few Euros, go to a good store, get professional advice and, if necessary, have the sleeve length adapted! You might want to try on short or stocky sizes (24, 26...), as well. Even more so, if the jacket is part of a 2-piece or 3-piece.

You might want to avoid modern high-buttoned jackets! These only look good on very tall and slender men. The same applies to double-breasted suits – although those also look good on people with a broader chest they do not look good on everyone.

### **3.3 The Lower half of the body**

Hips and thighs are best concealed when wearing loose-fitting pants. The waistband of men's pants tends to be closer to the hip than the waistline. If the waistband is too close to the waistline, the pants might in fact emphasize the waistline, so that the hips appear to be broader. Men's pants also have straight legs. Better buy a bigger size to make sure the legs aren't too tight.

The tighter the pants, the more important it is to wear a stuffer or packer. If you wear loose-fitting pants, no one will notice whether you are wearing a packer or not.

Prior to your mastectomy, it is best to avoid suspenders, because they underline the female breast.

Shoes should match your style. Special stores offer men's shoes from size 37 (UK 4½, US 7), regular stores usually from size 40 (UK 6½, US 9).

You might also find unisex models in the ladies or kids department.

Whether you purchase shoes in a store, online, or elsewhere, whether they are cheap or expensive, the same rule applies to all:

Color and shape of your shoes should always match clothing and occasion!

If you don't dare to wear clearly masculine clothes, simply wear unisex clothes – nowadays that shouldn't be a problem.

### **3.4 Short color analysis**

Many women are familiar with skin tone color matching, personal color or seasonal color systems. These apply to men, as well. There are four different color types, roughly speaking. Usually these are named after the four seasons. Depending on your color type, particular colors look good on you, while other colors may make you look sickly or pale.

How can you find out which color type you are?

You can either get help from a style consultant or do some research on the internet. Some community colleges offer special courses that help you find your perfect colors – which look good on you and which do not.

### 3.5 Clothing sizes

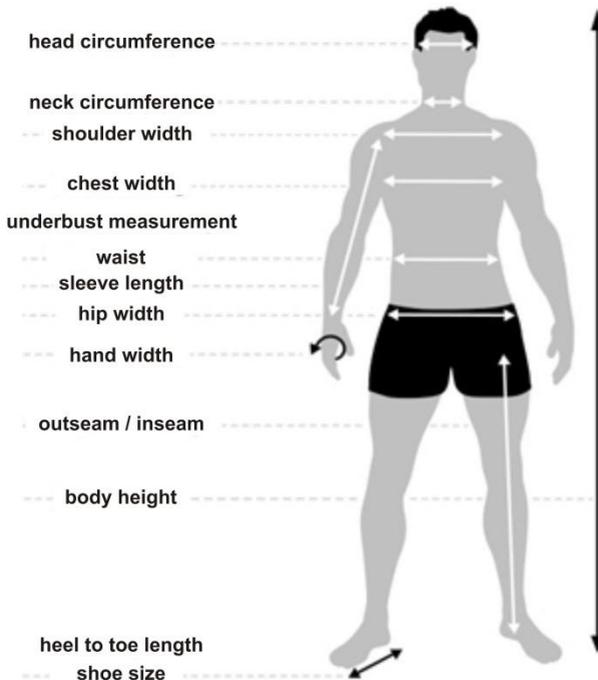
There are European and American sizes for outerwear. These sizes apply to all outerwear, including men's pants. European sizes are based on chest width, except men's shirt sizes, which are based on neck circumference in centimeters. Pants (especially blue jeans) are often labeled in American sizes – waist length and inseam in inches (1 inch = 2.54 cm).

Regular size = (max. chest width – 1) / 2

Short size (stocky) = regular size / 2

Portly size = regular size + 1

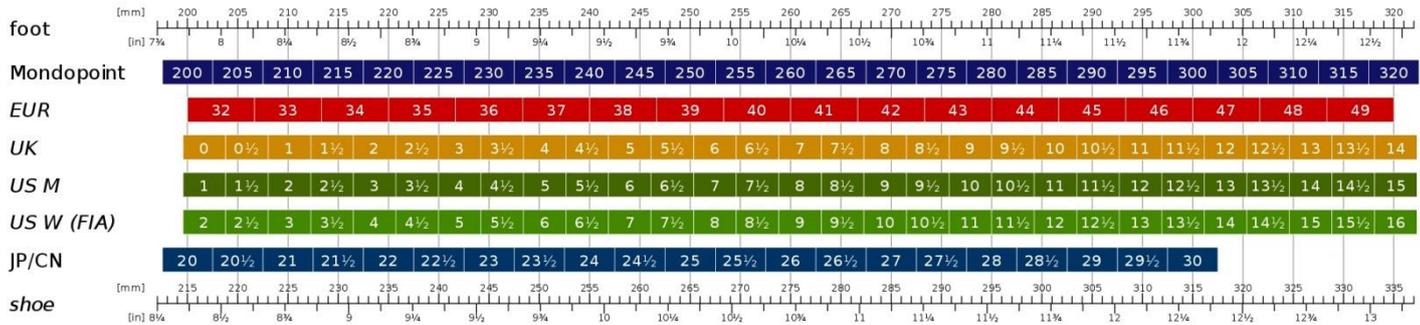
Tall size (slender) = (regular size - 1) x 2



Men's clothing sizes (AT/DE/NL/DK/SE/FI)																
Standard Size Codes	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74
Underwear	4		5		6		7		8							
International	XXS	XS	S	M	L	XL	XXL	3XL	4XL		5XL		6XL		7XL	
Chest (cm)	86-89	90-93	94-97	98-101	102-105	106-109	110-113	114-117	118-121	122-125	126-128	129-132	133-136	137-140	141-144	145-148
Waist size (cm)	74-77	78-81	82-85	86-89	90-94	95-99	100-104	105-109	110-114	115-119	120-124	125-128	129-132	133-134	135-138	139-142
Hip circumference (cm)	90-93	94-97	98-101	102-105	106-109	110-113	114-117	118-121	122-125	126-129						
Height (cm)	166-170	168-173	171-176	174-179	177-182	180-184	182-186	184-188	185-189	187-190	191-192	193-194	195-196	197-198	199-200	201-202
Short / Stocky	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37
Chest (cm)	89-92	93-96	97-100	101-104	105-108	109-112	113-116	117-120	121-124	125-128	129-132	133-136	137-140	141-144	145-148	
Waist size (cm)	81-84	85-88	89-92	93-96	97-100	101-106	107-110	111-114	115-118							
Hip circumference (cm)	97-100	101-104	105-108	109-112	113-116	117-120	121-124	125-128	129-132							
Height (cm)	163-167	166-170	169-173	172-176	175-178	177-180	179-182	181-183	182-183	184	185	186	187	188	189-190	191-192
Portly				51	53	55	57	59	61	63	65	67	69	71	73	
Chest (cm)				100-103	104-107	108-111	112-115	116-119	120-123	124-126	127-130		131-134	135-138	139-142	143-146
Waist size (cm)				102-107	108-111	112-117	118-121	122-125	126-129	130-132	133-136		137-140	141-146	147-150	151-154
Hip circumference (cm)				108-111	112-115	116-119	120-123	124-127	128-132	133-137						
Height (cm)				168-172	170-174	172-176	174-178	176-180	178-182	180-184						
Tall size (slender)		90	94	98	102	106	110	114	118	122						
Chest (cm)		88-91	92-95	96-99	100-103	104-107	108-111	111-114	115-118	119-122						
Waist size (cm)		74-77	78-81	82-85	86-89	90-93	94-98	100-104	105-109	110-114						
Hip circumference (cm)		92-95	96-99	100-103	104-107	108-111	112-115	116-119	120-123	124-127						
Height (cm)		175-179	178-182	181-185	184-188	186-190	188-192	193-197	196-200	199-203						

Finding your correct shoe size is very important, as well:

Let's say, your foot is 290 mm long from heel to toe. That corresponds with a shoe length of 305 mm from the heel to the longest toe. That's EU shoe size 45. However, if the foot happens to be particularly wide, shoes in the correct length will be too tight. Therefore, people with wide feet often purchase shoes 1, 2 or even 3 sizes bigger. The result is: the shoes are not too tight, but one has to live with the disadvantage of wearing shoes that are way too long. That's why good shoe brands offer shoes in various widths nowadays, thus taking into account that foot widths vary.



Based on the original by: Claus Färber

Picture: gearx.com



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