Determine size by belly measurement and weeks pregnant.

Belly Bandit Belly Wraps Size Guide

Inches	30 weeks	31 weeks	32 weeks	33 weeks	34 weeks	35 weeks	36 weeks	37 weeks	38-42 weeks
28	XS	XS	XS	XS					
29	XS	XS	XS	XS	XS				
30	XS	XS	XS	XS	XS	XS			
31	XS	XS	XS	XS	XS	XS	XS		
32-33	XS	XS	XS	XS	XS	XS	XS	XS	XS
34	S	S	XS	XS	XS	XS	XS	XS	XS
35	S	S	S	XS	XS	XS	XS	XS	XS
36	S	S	S	S	S	S	XS	XS	XS
37-38	S	S	S	S	S	S	S	S	XS
39	M	M	S	S	S	S	S	S	S
40	M	M	M	S	S	S	S	S	S
41	M	M	M	M	M	M	S	S	S
42-43	M	M	M	M	M	M	M	M	S
44	M	M	M	M	M	M	M	M	M
45	L	L	M	M	M	M	M	M	M
46	L	L	L	M	M	M	M	M	M
47	L	L	L	L	L	L	M	M	M
48-49	L	L	L	L	L	L	L	L	M
50	L	L	L	L	L	L	L	L	L
51	XL	XL	L	L	L	L	L	L	L
52	XL	XL	XL	L	L	L	L	L	L
53	XL	XL	XL	XL	XL	XL	L	L	L
54-55	XL	XL	XL	XL	XL	XL	XL	XL	L
56-58	XL	XL	XL	XL	XL	XL	XL	XL	XL
59-60		XL	XL	XL	XL	XL	XL	XL	XL