



Men's Underwear: Tips for Choosing

Checklist: size & fit, styles, fabrics, activity match, hygiene, and care

Quick Size & Fit

- Waist: measure at the natural waist; compare to brand's chart.
- Leg opening: should not cut in or ride up; adjust rise (low/medium/high).
- Pouch: enough room without compression unless you prefer supportive styles.
- Elastic: sits flat; no rolling or digging after 30-60 minutes.

Styles & When to Wear

- Briefs — maximum mobility, minimal fabric; great under tailored pants or workouts.
- Trunks — shorter leg than boxer-briefs; modern look, good for slim builds.
- Boxer-briefs — versatile everyday pick; reduce chafing for commuting/gym.
- Boxers — airflow and lounge; avoid under slim trousers (bunching).

Fabrics & Weaves

- Cotton or cotton-modal blends — breathable, soft; everyday comfort.
- Modal/Micromodal — silky feel; holds color and shape well.
- Bamboo/viscose — soft and cooling; check for robust elastane ($\geq 6-8\%$).
- Performance polyamide/polyester — quick-dry for sport; ensure good handfeel.
- Mesh or pique panels — ventilation where needed.



Match Activity & Climate

- Office/commute — boxer-briefs with breathable cotton/modal.
- Gym/running — performance blends with flat seams; longer leg to prevent rub.
- Heat & humidity — lightweight viscose/modal; mesh zones for airflow.
- Travel — quick-dry synthetics; pack 2-3 pairs you can wash overnight.

Hygiene & Care

- Change daily (or more often after workouts).
- Wash warm (per label), use mild detergent; avoid heavy fabric softeners.
- Air-dry or low heat; high temps degrade elastane.
- Replace every 6-12 months or at first signs of loss of elasticity.

Try-On Checklist (tick as you go)

- ☐ Waistband lies flat and parallel.
- ☐ No gaping at pouch seam; no compression pain.
- ☐ Legs don't ride up when you walk/sit.
- ☐ No visible lines under your usual trousers.
- ☐ Fabric feels comfortable for 30-60 minutes.

Pro tip: keep a small 'test day' rotation — wear a new pair for a full day at home before ordering multiples.



Scan the QR to open the full article with more examples and brand-specific advice.