

# Supportive Bra Components Checklist

Use this diagram checklist when assessing plus-size bras for structural support.

Component	What to look for	Action notes
Band & closure	Powermesh, 3–5 hooks, firm stretch.	Anchor level, log hook column after adjustments.
Straps	Cushioned or wide-set, minimal stretch.	Slip test: jump + shrug. Add pads if grooves persist.
Cups & seams	Multi-part cups, inner sling, lined side panels.	Check for smooth silhouette, no quad-boob.
Wing height	Tall sides with boning-free stays.	Ensure no gaping under arms; note any rolling.
Bridge (gore)	Sits flat, stabilized with wider base.	If floating, try larger cup or different wire shape.
Fabric & lined zones	Breathable but supportive (microfiber, jacquard).	Log hot spots or moisture build-up.
Tagless or comfort finishes	Brushed elastic, hidden seams.	Record irritation points and solutions.

Checklist reminder: review components every 3–6 months, especially after changes in weight, training load, or medication.