

MEN

	XS	S	M	MT	L	XL	XLT	XXL	XXXL
Average Height (cm)	5'2"-5'4" (158-163)	5'4"-5'7" (163-170)	5'7"-5'10" (170-178)	6'2"-6'3" (188-191)	5'10"-6'1" (178-186)	6'1"-6'2" (186-188)	6'3"-6'5" (193-197)	6'2"-6'3" (188-191)	6'2"-6'3" (188-191)
Chest (cm)	34"-36" (87-92)	36"-38" (92-97)	38"-40" (97-102)	38"-40" (97-102)	41"-43" (104-109)	44"-46" (112-119)	44"-46" (112-119)	47"-49" (120-125)	50"-52" (127-132)
Waist (cm)	28" (71)	29"-30" (74-76)	31"-33" (79-84)	31"-33" (79-84)	34"-37" (87-94)	38"-40" (97-102)	38"-40" (97-102)	41"-43" (104-109)	44"-45" (112-115)
Inside Leg (cm)	29" (74)	30" (76)	31" (79)	33.5" (86)	32" (81)	33" (84)	35" (89)	33.5" (86)	33.5" (86)

All metric measurements are in cm and have been rounded to the nearest 0.5cm

WOMEN

UK	6	8	10	12	14	16	18	20
USA	2	4	6	8	10	12	14	16
EURO	32	34	36	38	40	42	44	46
Bust (cm)	30"-31" (76-79)	31.5"-32.5" (80-83)	33"-34" (84-87)	35"-36" (89-92)	36.5"-37.5" (93-96)	38"-39" (97-99)	40"-41" (102-104)	42"-43" (107-109)
Waist (cm)	24"-25" (61-63)	25"-26" (63-66)	26"-27" (66-69)	28"-29" (71-74)	30"-31" (76-79)	32"-33" (81-84)	34"-35" (87-89)	36"-37" (92-94)
Hips (cm)	33"-34" (84-87)	34.5"-35.5" (88-91)	36"-37" (92-94)	37"-38" (94-97)	39"-40" (99-102)	41"-42" (104-107)	43"-44" (109-112)	45"-46" (114-117)

Size based on average height 5'4" - 5'6" (163-168cm) and the average inside leg of 30"-32" (76-81cm)

JUNIOR

Size Age (Years)	JXXXS (2-3)	JXXS (4-5)	JXS (6-7)	JS (8-9)	JM (10-11)	JL (12-13)
Height (cm)	3'0"-3'2 1/2" (92-98)	3'2 1/2"-3'5" (98-104)	3'10"-4'0" (116-122)	4'2 1/2"-4'5" (128-134)	4'7"-4'9 1/2" (140-146)	5'0"-5'2" (152-158)
Chest (cm)	20"-21" (52-53)	21"-23" (53-58)	23.5"-24.5" (60-62)	25"-26" (64-66)	27"-28.5" (69-72)	30"-32.5" (76-83)
Waist (cm)	19"-19.5" (48.5-50)	19.5"-20" (50-51)	21.5"-22" (55-56)	22.5"-23" (57-59)	24"-25" (61-64)	25"-27" (64-68)

FOOTWEAR

Euro	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49
UK and Australia	1	2	2.5-3	3.5	4	5	5.5	6.5	7.5	8	9	9.5	10.5	11	12	13	14
US Men	1	2.5	3	4	5	6	7	7.5	8	9	10	10.5	11	12	13	14	15
US Women	3	4	5	6	7	8	9	9.5	10	11	12	-	-	-	-	-	-
Socks	-	-	S	S	S	S	M	M	M	M	L	L	L	L	L	L	L

Manufactured in Euro sizes

COMPRESSOR VEST

	S	M	L
Chest (cm)	89-96	92-102	105-115
Weight (kg)	50-60	60-70	>70
Buoyancy	40	45	50

Chest measured in centimetres. Weight measured in kilograms. Buoyancy measured in newtons.

PRO RACER/TEAM BUOYANCY AID

	CHILD	YOUTH	S	M	L	XL	XXL
Chest (cm)	81	86	91	96	106	116	126
Weight (kg)	30-40	40-50	40-50	60-70	>70	>70	>70
Buoyancy	35	40	40	45	50	50	50

Chest measured in centimetres. Weight measured in kilograms. Buoyancy measured in newtons.

FRONT ZIP BUOYANCY AID

	CHILD	YOUTH	S	M	L	XL
Chest (cm)	81	86	91	96	106	116
Weight (kg)	30-40	40-50	50-60	60-70	>70	>70
Buoyancy	35	40	40	45	50	50

Chest measured in centimetres. Weight measured in kilograms. Buoyancy measured in newtons.

BELT LENGTH

	S/M	M/L
Length (cm)	105	118

HIKING PADS - MENS SUITS

Suit Size	XS	S	M	L	XL
Pad Size	1	1	2	2	3
Pad Length (mm)	195	195	215	215	240

HIKING PADS - WOMENS SUITS

Suit Size	10	12	14	16
Pad Size	1	2	2	3
Pad Length (mm)	195	215	215	240

HIKING PADS - JUNIOR

Suit Size	JS	JM	JL
Pad Size	JNR	JNR	JNR
Pad Length (mm)	175	175	175

Pads are measured in millimeters

GLOVES - MEN'S

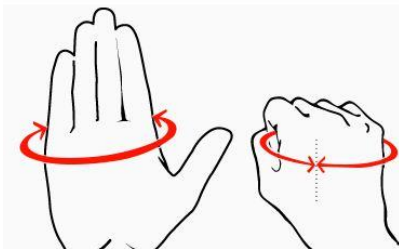
	XS	S	M	L	XL	XXL
Unisex	6.5" - 7" / 16.5 - 17.5	7" - 7.5" / 17.5 - 19 cm	7.5" - 8.5" / 19 - 21.5 cm	8.5" - 9.5" / 21.4 - 24 cm	9.5" - 10.5" / 24 - 26.5 cm	10.5" - 11.5" / 26.5 - 29 cm

GLOVES - WOMENS

	S	M	L
Ladies	6.5" / 16.5 cm	6.5 - 7" / 16.5 - 17.5 cm	7 - 7.5" / 17.5 - 19 cm

GLOVES - JUNIOR

	CHILD	JNR
Junior	-	6" - 6.5" / 15 - 16.5 cm
Child	6" / 15 cm	-



Gloves are most commonly sized according to width.

To determine your size, it is recommended to measure the dominant hand (e.g. the right if you are right handed) as this will typically be larger.

Using a tape measure, wrap the tape around the hand just below knuckle (the widest point) and make a fist.