

Men's Insulation Sizing

SAE	METRIC	MEASURING	SPECIAL SIZING
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	XS*	S	M	L	XL	XXL	XXXL*	L king
Chest	32-35	35-38	38-41	41-44	44-48	48-52	56-58	53-57
Waist	25-28	28-31	31-34	34-37	37-41	41-45	46-48	45-55
Girth	n/a	59-63	63-67	68-72	72-76	76-80	n/a	72-76
Hips	n/a	36-38	39-41	41-44	44-47	47-50	n/a	50-52
Inseam	n/a	29-30	30-31	31-32	32-33	32-33	n/a	30-31
Sleeve	30	30-32	32-34	34-35	35-36	36-37	37	34-35
Height	5' - 5'4"	5'2" -5'6"	5'6"- 6'	5'10" - 6'2"	6' - 6'4"	6' - 6'6"	6' - 6'4"	5'10" - 6'2"
Weight	100-125	115-140	140-175	175-200	200-240	220-260	220-260	240-280

All sizes in. / lbs.

XS only available in the TROPOS Super Breeze, XXXL only in the Tempest Jacket

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	XS*	S	M	L	XL	XXL
Chest	81-89	89-97	97-104	104-112	112-122	122-135
Waist	64-71	71-79	79-86	86-94	94-104	104-114
Girth	n/a	150-160	160-170	173-183	183-193	193-203
Hips	n/a	91-99	99-104	104-112	112-119	119-127
Inseam	n/a	74-76	76-79	79-81	81-84	81-84
Sleeve	76	76-81	81-86	86-89	89-91	91-94
Height	152-163	157-168	168-183	178-188	183-193	183-198
Weight	45-57	52-64	64-79	79-91	91-109	100-118

GUIDELINES

Do not measure yourself. Measurements should be performed by an authorized and trained Kokatat retailer. Failing that, someone you trust to get in close with a cloth measuring tape.

Just relax! Look forward and stand up straight with your feet about 12 inches apart.

Don't move around and look straight ahead. Stop looking at your measuring partner or the floor. Remember, relax!

Take measurements in - preferably washed - street clothes and bare feet.

DO NOT make allowances for insulation layers under the suit. Kokatat patterns are designed to allow for adequate layering under dry suits.

All circumferences should be taken at the widest point. If you happen to be measuring your wife or mother-in-law, you may want to refer to this as... oh, forget it.

Again... measure twice, cut once.

The following measurements should be taken on the person's front side:

CHEST: Take this measurement at the widest point. This is usually at the nipple area. Do not hold your breath, just relax. If the person is muscular, take a second measurement at the armpit area, across the upper chest. Use the larger of the two measurements.

WAIST: Measure just above your hip bone where your body bends when bending sideways.

HIPS: Take this measurement from the side to ensure the correct placement of the tape. Place the tape around the hips and across the widest point of the buttocks. This might be a good time to come up with a descriptive word other than "widest". Make sure that all pockets are empty.

INSEAM: This is also referred to as the "crotch to ankle bone" measurement for those very secure individuals. Have the person stand with legs straight and feet about 12" apart. Have them hold their hand to the side, with palm facing out. Place the end of the measuring tape between their first two fingers. Ask them to place the hand with the tape in their crotch area, snug up against the body. Just relax! Stretch the tape straight down your ankle bone. Ask the person to look straight ahead, turn their head to the right and cough.

GIRTH: This measurement is for the entire torso length. Place the tape at the base of the neck on top of the shoulder. Run the tape down the front, through the crotch and up the back to the starting point on the shoulder.

This final measurement should be taken on the backside:

SPINE TO WRIST: Hold arm directly out to the side, parallel to the floor, palm down. Bend the elbow forward, stop hand in front of nose. Place the tape at the base of the neck, starting at the spine. Run tape along the arm, turn at the elbow, measuring to the wrist bone.

A NOTE ON DRY SUIT SIZING

A common mistake with dry suits is making a judgment about the size by looking at the garment while still on the hanger. A suit on the rack always looks bigger than when it is on you. If you fall on the high end of the size scale, move up to the next size and consider shortening sleeves and legs (dry suits only).

SPECIAL SIZING

Kokatat will increase or decrease the length of the arms, legs, torso (above the waist) or rise (waist to crotch) on most of our dry suit models for a nominal charge. The adjustments we can make are limited in scope and depend on the model and size of the garment; please contact Kokatat or your paddle sports dealer for more information. Since everybody likes a different kind of fit, we cannot build or alter a suit to a list of body measurements. If you believe some customization will be necessary, consult with Kokatat or your dealer. We will even send a sizing suit to the dealer for you to try. You can then determine how much to add or take off. Please exercise caution: when you get a custom dry suit, it's yours. No returns will be accepted (other than warranty)!