

# PALM SIZE CHARTS

## PFDs

	Youth		XS		XS/S		S/M		M/L		L/XL		XL/XXL		XXL	
<b>Chest</b>	26-34"	66-86cm	31-34"	79-86cm	30-36"	75-90cm	34-40"	86-102cm	36-43"	90-110cm	40-46"	102-117cm	43-53"	110-135cm	46-53"	117-135cm
<b>Weight</b>	66-88lbs	30-40kg	66-88lbs	30-40kg	66-132lbs	30-60kg	88-132lbs	40-60kg	>154lbs	>70kg	>154lbs	>70kg	>154lbs	>70kg	>154lbs	>70kg

## Men's Jackets, Pants and Immersion Suits

	XS		S		M		L		XL		XXL	
<b>Chest</b>	32-34"	81-86cm	35-38"	91-97cm	39-41"	99-104cm	42-44"	107-112cm	45-46"	114-117cm	47-48"	119-122cm
<b>Waist</b>	26-29"	66-74cm	30-32"	76-82cm	33-35"	84-89cm	36-38"	91-97cm	39-40"	99-102cm	41-42"	104-107cm
<b>Inside Leg</b>	28"	71cm	29"	74cm	30"	79cm	32"	79cm	33"	81cm	34"	83cm
<b>UK</b>	32		34		36-38		40-42		44		46	
<b>Europe</b>	42		44		46-48		50-52		54		56	

## Women's Jackets, Pants and Immersion Suits

	XS		S		M		L		XL	
<b>Bust</b>	32-33"	81-84cm	34-35"	86-89cm	36-37"	92-94cm	38-40"	97-102cm	40-42"	102-107cm
<b>Waist</b>	24-25"	61-64cm	26-28"	66-71cm	28-30"	71-76cm	31-33"	76-81cm	33-35"	84-89cm
<b>Hips</b>	34-35"	86-89cm	36-37"	92-94cm	38-39"	97-99cm	40-41"	104-107cm	42-43"	107-110cm
<b>Inside Leg</b>	26"	71cm	27-29"	69-74cm	29-31"	74-79cm	31-33"	81cm	32-34"	82-87cm
<b>UK</b>	8		8-10		10-12		12-14		14-16	
<b>Europe</b>	36		38-40		40-42		42-44		46-48	

## Men's Wetsuits

	XS		S		S/M		M		M/L		L		XL		XXL	
<b>Height</b>	5'2"-5'3"	158-160cm	5'4"-5'6"	160-168cm	5'6"-5'8"	168-173cm	5'8"	173cm	5'9"	175cm	5'10"	178cm	6'-6'2"	183-188cm	6'2"-6'4"	188-193cm
<b>Chest</b>	32-34"	81-86cm	34-36"	86-91cm	36-38"	91-97cm	38-40"	97-102cm	40-42"	102-107cm	42-44"	107-112cm	44-46"	112-117cm	46-48"	117-122cm
<b>Waist</b>	26-27"	66-69cm	27-29"	69-74cm	29-31"	74-79cm	31-32"	79-81cm	32-33"	81-84cm	33-35"	84-89cm	35-37"	89-94cm	37-39"	94-99cm
<b>UK</b>	32		34		34-36		36-38		38-40		40-42		44		46	
<b>Europe</b>	42		44		44-46		46-48		48-50		50-52		54		56	

## Women's Wetsuits

	8		10		12		14		16	
<b>Height</b>	5'-5'2"	152-157cm	5'2"-5'4"	157-163cm	5'4"-5'6"	163-168cm	5'6"-5'7"	168-170"	5'7"-5'8"	170-173cm
<b>Chest</b>	32-33"	81-84cm	34-35"	86-89cm	36-37"	92-94cm	38-40"	97-102"	40-42"	102-107cm
<b>Waist</b>	24-26"	61-66cm	26-28"	66-71cm	28-30"	71-76cm	31-33"	79-84"	33-35"	84-89cm
<b>Hips</b>	34-35"	87-89cm	36-37"	92-94cm	38-39"	97-99cm	40-41"	102-105"	42-43"	107-110cm
<b>Europe</b>	36		38		40		42		44	

## Junior Wetsuits

	S (5-6yrs)		M (7-8yrs)		L (9-10yrs)		XL (11-12yrs)		XXL (13-14yrs)	
<b>Height</b>	4'	122cm	4'4"	132cm	4'8"	142cm	5'	152cm	5'4"	162cm
<b>Chest</b>	24"	61cm	26"	66cm	28"	71cm	30"	76cm	32"	81cm
<b>Waist</b>	19"	48cm	21"	53cm	23"	58cm	25"	63cm	27"	68cm
<b>Inside Leg</b>	18"	46cm	21"	53cm	24"	61cm	27"	68cm	27"	68cm

## Footwear

	XS	S	M	L	XL	XXL
<b>UK</b>	4	5 / 6	7 / 8	9 / 10	11 / 12	13
<b>US</b>	5	6 / 7	8 / 9	10 / 11	12 / 13	14
<b>Europe</b>	36	38 / 39	40 / 42	43 / 44	46 / 47	48

All measurements refer to body size, not garment dimensions.

## Neoprene Spraydecks

Cockpit Size	R1 70cm x 40cm		R3 80cm x 50cm			R4 88cm x 50cm			R5 98cm x 53cm		
	XXS/XXS 40-51cm 16-20"	XXS/XS 51-61cm 20-24"	XS/S 60-76cm 24-30"	M/L 76-91cm 30-36"	XL/XXL 91-102cm 36-40"	XS/S 60-76cm 24-30"	M/L 76-91cm 30-36"	XL/XXL 91-102cm 36-40"	XS/S 60-76cm 24-30"	M/L 76-91cm 30-36"	XL/XXL 91-102cm 36-40"
<b>Kevlar® Rand</b>						<b>SD584</b>			<b>SD585</b>		
<b>Extreme Kevlar®</b>						<b>SD894</b>			<b>SD895</b>		
<b>Classic</b>	<b>SD883</b>					<b>SD884</b>			<b>SD885</b>		
<b>Sports</b>						<b>SD874</b>			<b>SD875</b>		
<b>Sports Dynamo</b>	<b>SD871</b>										
<b>Neoprene Cockpit Cover</b>						<b>SD774</b>			<b>SD775</b>		

## Combi Spraydecks

Cockpit Size	R3 80cm x 50cm	R4 88cm x 50cm	R5 98cm x 53cm	R6 106cm x 56cm
Adjustable Waist Size	60-127cm 24-50"	60-127cm 24-50"	60-127cm 24-50"	60-127cm 24-50"
<b>Roanoke</b>	<b>SD853</b>	<b>SD854</b>	<b>SD855</b>	<b>SD856</b>
<b>Loweswater</b>		<b>SD844</b>	<b>SD845</b>	

## Nylon Spraydecks

Cockpit Size	N3 86cm x 50cm	N4 92cm x 56cm	N5 100cm x 58cm	N6 105cm x 60cm	N7 110cm x 62cm
Adjustable Waist Size	60-127cm 24-50"	60-127cm 24-50"	60-127cm 24-50"	60-127cm 24-50"	60-127cm 24-50"
<b>Windermere</b>		<b>SD834</b>	<b>SD835</b>	<b>SD836</b>	<b>SD837</b>
<b>Coniston</b>		<b>SD824</b>	<b>SD825</b>	<b>SD826</b>	<b>SD827</b>
<b>Elterwater</b>	<b>SD813</b>	<b>SD814</b>	<b>SD815</b>	<b>SD816</b>	
<b>Ullswater</b>	<b>SD803</b>	<b>SD804</b>	<b>SD805</b>		
<b>Economy</b>	<b>SD008</b>	<b>SD009</b>	<b>SD010</b>		
<b>Nylon Cockpit Cover</b>	<b>SD763</b>	<b>SD764</b>	<b>SD765</b>	<b>SD766</b>	<b>SD767</b>

## Helmets

	Junior S	Junior M	XS/S	S	S/M	M	M/L	L	L/XL	XL	XL/XXL
<b>Pro-Tec Two-Face</b>				53-54cm		55-56cm		57-58cm		59-60cm	
<b>Pro-Tec Ace Wake</b>				53-54cm		55-56cm		57-58cm		59-60cm	
<b>Pro-Tec Ace Water</b>	49-50cm	51-52cm		53-54cm		55-56cm		57-58cm		59-60cm	
<b>Pro-Tec Ace Water (Full-Cut)</b>					53-56cm				57-60cm		
<b>AP6000</b>			51-54cm				55-57cm				59-62cm
<b>AP4000</b>	One Size - Adjustable										
<b>AP3000</b>	One Size - Adjustable										
<b>AP2000</b>	One Size - Adjustable										

Measurements refer to circumference of head.