

OUTDOOR ADVENTURES

SKI, POLE + BOOT SIZE GUIDE

SKIER HEIGHT	POLE LENGTH (CM)
5'	127
5'1"	130
5'2"	132
5'3"	135
5'4"	137
5'5"	140
5'6"	142
5'7"	145
5'8"	147
5'9"	150
5'10"	152
5'11"	155
6'	157
6'1"	160
6'2"	162
6'3"	165
6'4"	167
6'5"	170
6'6"	172

SKIER WEIGHT	SKI LENGTH
100 - 110	180 - 190
110 - 120	182 - 192
120 - 130	185 - 195
130 - 140	187 - 200
140 - 150	190 - 205
150 - 160	195 - 210
160 - 180	200 - 210
180+	205 - 210

MEN'S SHOES	WOMEN'S SHOES	BOOT SIZE
5-5.5	6-6.5	37
5.5-6	6.5-7	38
6.5-7	7.5-8	39
7.5-8	8.5-9	40
8.5-9	9.5-10	41
9-9.5	10-10.5	42
9.5-10	10.5-11	43
10.5-11	11.5-12	44
11-11.5	12-12.5	45
12-12.5	13-13.5	46