

Spyder Adult Race Suit Sizing (Men's & Women's)

	XS	S	M	L	XL	XXL	XXXL
Height	4'4"-4'7"	4'8"-5'3"	5'4"-5'7"	5'7"-5'10"	5'10"-6'	6'-6'3"	6'-6'3"
Weight	75-90	90-110	110-140	140-170	170-185	185-205	205+

Spyder Junior Race Suits (Girls & Boys)

	6/8	10/12	14/16
Height	3'9"-4'2"	4'6"-4'10"	5'1"-5'4"
Weight	45-60	75-90	105-115

Spyder Men's (inches)

	S	M	L	XL	XXL
Chest	37-39	40-42	43-45	46-48	49-51
Waist	29-31	32-34	35-37	38-40	41-43
Sleeve	32.5	33.5	34.25	35	36.5
Inseam	31	32	32.5	33	33.5

Spyder Women's

	2 (XS)	4 (S)	6 (S)	8 (M)	10 (M)	12 (L)	14 (L)	16 (XL)
Chest	32	33	34	35	36	37.5	39	40.5
Waist	24.5	25.5	26.5	27.5	28.5	30	31.5	33
Hip	35	36	37	38	39	40.5	42	43.5
Inseam	30	30.5	30.5	31	31	31.5	31.5	32

Spyder Kyds (inches/pounds)

	S	M		L		XL	XXL
	8	10	12	14	16	18	20
Height	4'2"	4'6"	4'10"	5'1"	5'4"	5'6"	5'8"
Chest (Boys)	28	29.5	31	32.5	34	35.5	37
Chest (Girls)	27	28	25.9	31	32.5	34	35.5
Waist	23	24	25	26	27	28	29.5
Hip	28	29	30.5	32	33.5	35.5	37
Inseam	24	25	26	27	28	29	30
Weight	60	75	90	105	115	125	135

Spyder Sock Sizing

	S	M	L	XL
Men's Shoe Size	n/a	6-10	10-12	12-15
Women's Shoe Size	3-5	5-9	9-11	n/a
Kids Shoe Size	1-4	4-8	8-11	n/a

Spyder Glove Sizing

	S	M	L	XL
Men's	7.5-8	8.5-9	9-9.5	10-10.5
Boy's	5	5.5	6	6.5

Descente Adult Race Suits

	XS	S	M	L	XL	XXL	XXXL
Height	5'5"	5'6"	5'7"	5'8"	5'10"	5'11"	6'+
Chest	35	36	37	39	41	42	43
Waist	28	30	32	34	35.5	37	38
Inseam (to ankle)	31	31.5	32	32.5	33	34	35
Sleeve Length	30	31	32	32.5	33	34	35

Descente Men's Jackets

	XS	S	M	L	XL
Height	5'7"	5'8.5"	5'9.5"	5'10.75"	6'
Chest	36	37.75	39	41	42.5
Waist	30.75	32.25	33.75	35.5	37
Shoulder Width	17	17.75	18.5	19.25	20
Sleeve Length	31	31.75	32.5	33.25	34

Descente Men's Pants

	28	30	32	34	36	38	40
Hip	36	37.5	39	40.5	42	43.5	45
Inseam	31.5	32	32.5	33	33.5	34	35

Descente Junior Race Apparel

	8	10	12	14	16	18
Height	3'7"	3'11"	4'3"	4'7"	4'11"	5'3"
Chest	22	24	26	28	30	32
Waist	19	21	22.5	24	25.5	27
Shoulder	11	12	13	14	14.5	15
Inseam (to ankle)	20	21.5	23	25	26.5	28.5
Sleeve	20	21.5	23	25	26.5	28.5

Descente Junior Outerwear

	8	10	12	14	16	18
Height	3'11"	4'3"	4'7"	4'11"	5'3"	5'7"
Chest	24	26	28	30	32	34
Waist	20.5	22.5	24	25.5	27	30
Shoulder Width	12.25	13	13.75	14.5	15.25	16
Sleeve Length	21.5	23.25	25	26.75	28.5	30.25
Hip	24	26	28	31	34	36
Inseam	21.5	23.25	25	26.75	28.5	30.25

Energiapura Men's Race Suits

	XS	S	M	L	XL	XXL
Height	5'1"-5'3"	5'4"-5'6"	5'7"-5'9"	5'9"-5'11"	5'11"-6'2"	6'2"-6'4"
Chest	34	36	37.5	39	40.5	43
Hip	36	38	40	42	44	46

Energiapura Jr's Race Suits

	10	12	14
Height	4'9"	4'11"	5'2"
Chest	29	31	33
Hip	31.5	33	34.5

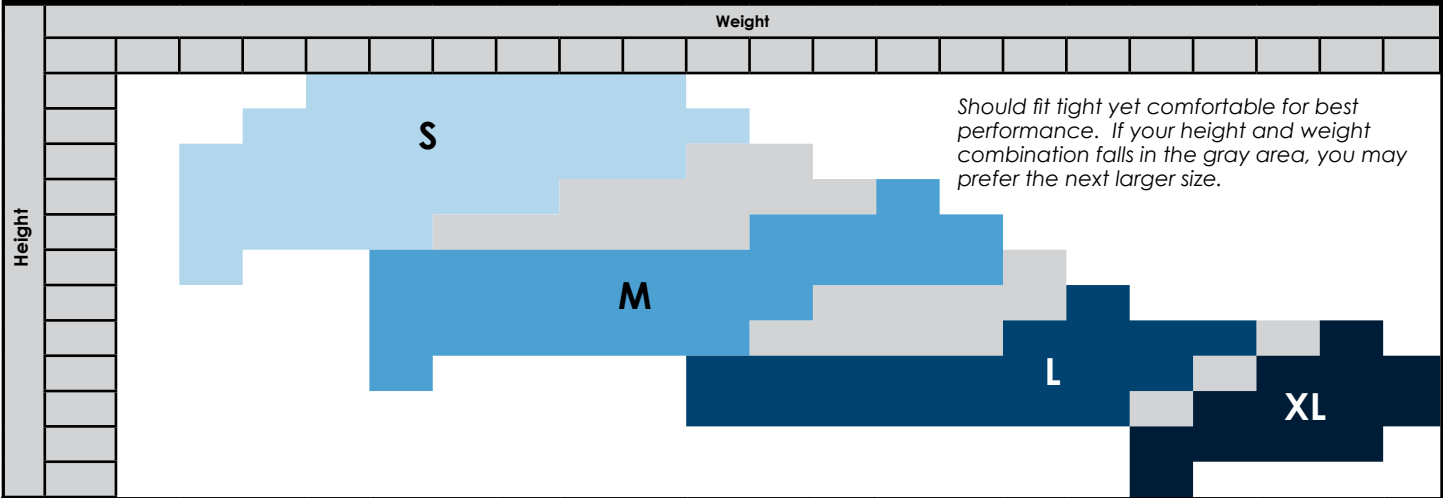
Karbon Adult Race Suits

	XS	S	M	L	XL	XXL
Height	5'-5'2"	5'2"-5'5"	5'5"-5'7"	5'7"-5'10"	5'10"-6'	6'-6'2"
Weight	100-115	115-130	130-145	140-160	160-175	175-200

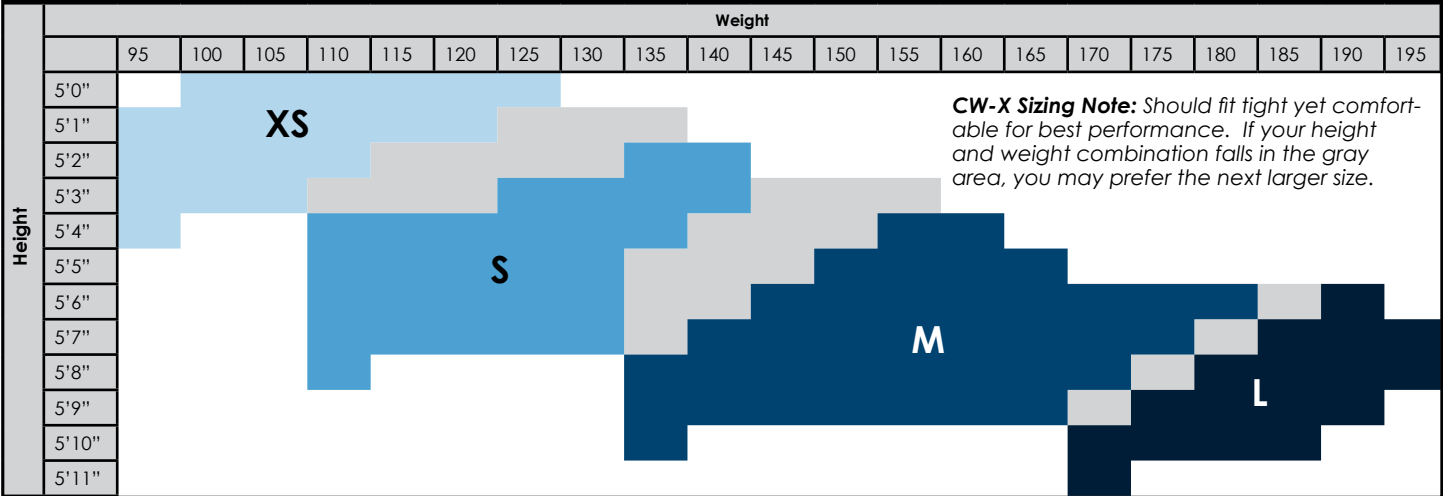
Karbon Jr Race Suits

	M	L
Height	53"-56"	57"-60"
Weight	70-85	85-100

CW-X Men's Sizing



CW-X Women's Sizing



Beyond X

	XS	S	M	L	XL	XXL
Height	5'3"-5'5"	5'5"-5'7"	5'7"-5'9"	5'9"-5'11"	5'11"-6'1"	6'1"-6'3"
Weight	110-132	132-154	154-176	176-198	198-220	220-242
Chest	33	36	39	42	45	48
Seat	37	38.5	41.5	44.5	48	51
Inseam	29.5	30.5	31	32	33	34

Swix Men's

	XS	S	M	L	XL	XXL
Height	5'7"	5'9"	5'11"	6'	6'2"	6'3"
Chest	34.5	36	39	42.5	45.5	48
Waist	27.5	29	32	35	38	41
Inseam	28.75	30	32	32.5	33	34
Hip	34.5	36	39	42.5	45.5	48

Vist Adult Sizing

	XS	S	M	L	XL	XXL
Height	5'5"	5'7"	5'10"	6'	6'2"	6'3"
Chest	35	37	38.5	40	41.5	43
Waist	31	33	34	36	37.5	39
Hip	35	37	38	40	41	43

Vist Junior Sizing

	M	L
Height	4'8"	5'
Chest	28	30
Waist	25	26

Swix Junior

	12	14
Height	5'	5'4"
Chest	31	33
Waist	26	27

Swix Women's

	XS	S	M	L
Height	5'3"	5'4.5"	5'6"	5'7.5"
Chest	32	34	36	39
Waist	24	26	28	31
Hip	34	36	38	41
Inseam	28	29	30	31

Brynje Unisex Sizes

	S	M	L	XL
Height	5'1"-5'5"	5'5"-5'9"	5'9"-6'1"	6'1"-6'5"

Under Armour Men's

	S	M	L	XL	XXL
Chest	34-36	38-40	42-44	46-48	50-52
Waist	28-29	30-32	34-36	38-40	42-44

Under Armour Women's (inches)

	S	M	L	XL
Bust	33.5-35.5	36-38	38.5-40.5	41-43
Waist	25.5-27.5	28-30	30.5-32.5	33-35
Hips	35.5-37.5	38-40	40.5-42.5	43-45

Under Armour Youth

	M	L
Child Size	10-12	14-16
Chest	28-30	30-32
Waist	25-26	26-27

Eurosock Adult Sock Sizing				
	S	M	L	XL
Women's Shoe Size	5-8	8-10	10-12	n/a
Men's Shoe Size	4-7	7-9	9-11	11-13
Euro Shoe Size	36-38	39-41	42-44	45-47

Lorpen Sock Sizing				
	S	M	L	XL
Men's Shoe Size	5-7	7.5-9.5	10-12.5	13-15
Women's Shoe Size	6-8.5	9-11	11.5+	n/a
Women's Shoe Size for Women Specific Socks	5-7.5	8-10	10.5+	n/a

Smartwool Adult Sock Sizing				
	S	M	L	XL
Men's Shoe Size	n/a	6-8.5	9-11.5	12-14.5
Women's Shoe Size	4-6.5	7-9.5	10-12.5	n/a

Page 94-95 Skis

Atomic Race Skate Ski #B1243	
Length (cm)	Skier's Weight (lbs)
172 Medium	99-125
172 Hard	117-143
178 Medium	110-143
178 Hard	132-165
184 Medium	132-158
184 Hard	150-176
190 Medium	154-187
190 Hard	180-220

Atomic Team Skate Ski #B1244	
Length (cm)	Skier's Weight (lbs)
172	99-143
178	110-165
184	132-176
190	154-220

Atomic Pro Skate Ski #B1245	
Length (cm)	Skier's Weight (lbs)
172	99-143
178	110-165
184	132-176
190	154-220

Atomic Pro Combi Ski #B1247	
Length (cm)	Skier's Weight (lbs)
172	99-143
178	110-154
184	143-176
190	154-240

Atomic Vasa Race Classic Ski #B1242	
Length (cm)	Skier's Weight (lbs)
<i>Skier weight at the high end for each length is for hard wax, at the low end for each length is for klister and in the middle is for universal.</i>	
191 Medium	110-154
191 Hard	121-165
196 Medium	132-165
196 Hard	143-176
201 Medium	143-198
201 Hard	154-209
206 Medium	143-198
206 Hard	154-209

Atomic Pro Classic Ski #B1246	
Length (cm)	Skier's Weight (lbs)
182	121-154
189	121-154
196	132-165
203	154-209
210	165-220

Salomon Equipe 9 Skate Ski #B0724	
Length (cm)	Skier's Weight (lbs)
174	<133
179	110-154
186	143-187
191	165+

Salomon Equipe 8 Skate Ski #B0725	
Length (cm)	Skier's Weight (lbs)
174	<133
179	110-154
186	143-187
191	165+

Salomon Equipe 8 Classic Ski #B0726	
Length (cm)	Skier's Weight (lbs)
180	<121
188	99-143
196	121-165
201	143-187
206	176+

Length (cm)	Skier's Weight (lbs)
191 Medium	110-154
191 Hard	121-165
196 Medium	132-165
196 Hard	143-176
201 Medium	143-198
201 Hard	154-209
206 Medium	143-198
206 Hard	154-209

Page 96-97 Skis

Fischer RCR Skating Vasa NIS Ski #B0630	
Length (cm)	Skier's Weight (lbs)
172 medium	<110
177 medium	100-120
177 stiff	110-140
182 medium	110-140
182 stiff	120-155
187 medium	130-165
187 stiff	140-175
192 medium	130-195
192 stiff	165-205
197 stiff	185+

Fischer SCS Skating Ski #B0633	
Fischer SCS Skating NIS Ski # B0634	
Length (cm)	Skier's Weight (lbs)
172	<120
177	110-140
182	120-155
187	140-175
192	165+

Fischer SCS Classic Ski #B0635	
Length (cm)	Skier's Weight (lbs)
177	<120
187	110-140
192	120-155
197	130-165
202	140-175
207	155+

Fischer CRS Skating Vasa Ski #B1321	
Length (cm)	Skier's Weight (lbs)
172	<120
177	110-140
182	120-155
187	140-175
192	165+

Fischer CRS Classic Vasa Ski #B1322	
Length (cm)	Skier's Weight (lbs)
187	110-140
192	120-155
197	130-165
202	140-175
207	155+

Fischer SC Skate Cut Ski #B0638	
Length (cm)	Skier's Weight (lbs)
172	<120
177	110-140
182	120-155
187	140-175
192	165+

Fischer SC Classic Ski #B0639	
Length (cm)	Skier's Weight (lbs)
177	<120
182	100-130
187	110-140
192	120-155
197	130-165
202	140-175
207	155+

Fischer RCR Classic NIS Ski #B0631	
Fischer RCR Classic Crown NIS Ski #B0632	
Length (cm)	Skier's Weight (lbs)
177 soft/medium	<110
187 soft/medium	100-120
187 medium/stiff	120-140
192 soft/medium	110-130
192 medium/stiff	130-155
197 soft/medium	120-140
197 medium/stiff	140-165
202 soft/medium	130-165
202 medium/stiff	155-195
207 soft/medium	140-175
207 medium/stiff	165+

Page 104 Skis

Alpina Control Ski #B05730

Alpina Control LW Ski #B0556

Length (cm)	Skier's Weight (lbs)
162 / Green	<120
172 / Yellow	120-145
182 / Red	145-175
192 / Blue	175+

Atomic Motion G2 Touring Ski #B1250

Atomic Motion 52 Wax Ski #B1251

Length (cm)	Skier's Weight (lbs)
177	110-143
184	132-154
191	143-165
198	154-198
205	154-220

Fischer Superlight Crown Ski #B1323

Superlight Wax NIS Ski #B0486

Length (cm)	Skier's Weight (lbs)
182	110-130
187	120-155
192	130-165
197	155-185
202	165-200
207	185+

Salomon Snowscape 7 Siam Ski #B0728

Length (cm)	Skier's Weight (lbs)
S	<133
M	121-165
L	143-187

Salomon Snowscape 7 Ski #B0727

Length (cm)	Skier's Weight (lbs)
M	121-165
L	143-187
XL	165-209
XXL	198+

Alpine Ski Pole Length Recommendations

Measure skier in skis, boots and bindings

Skier's Height in Boots	Pole Length (Inches)	Pole Length (cm)
4'7"-4'8"	34-36	85-90
4'9"-4'10"	36-38	90-95
4'11"-5'	38-40	95-100
5'1"-5'2"	40-42	100-105
5'3"-5'4"	42-44	105-110
5'5"-5'6"	44-46	110-115
5'7"-5'8"	46-48	115-120
5'9"-5'10"	48-50	120-125
5'11"-6'	50-52	125-130
6'1"-6'2"	52-54	130-135
6'3"-6'4"	54	135

Nordic Ski Pole Length Recommendations

For greater accuracy, measure skier in skis, boots and bindings

Skier's Height (Inches)	Skier Height (cm)	Pole Length Classic	Pole Length Skate
4'5"	135	105	115
4'6"	137	110	120
4'7"	140	110	120
4'8"	142	115	125
4'9"	145	115	125
4'10"	147	120	130
4'11"	150	120	130
5'	150	120	135
5'1"	155	125	135
5'2"	157	130	140
5'3"	160	130	140
5'4"	162	135	145
5'5"	165	135	145
5'6"	167	140	150
5'7"	170	140	150
5'8"	172	145	155
5'9"	175	145	155
5'10"	178	150	160
6'	182	155	165
6'1"	185	155	165
6'1"	187	160	170
6'2"	187	160	170
6'3"	190	160	170
6'4"	192	165	175
6'5"	195	165	175
6'6"	198	170	175

Page 106 Skis

Alpina Tracker Ski #B0557

Length (cm)	Skier's Weight (lbs)
165 / Green	<120
175 / Yellow	120-145
185 / Red	145-175
195 / Blue	175+

Alpina X Terrain Ski #B0558

Length (cm)	Skier's Weight (lbs)
150	120-145
160	145-175
170	175+

Alpina Lite Terrain Ski #B0559

Length (cm)	Skier's Weight (lbs)
150	< 120
160	120-145
170	145-175
180	175+

Madshus Epoch MGV Omni Back Country Ski #B0709

Madshus Annum MGV Omi Back Country Ski #B1381

Length (cm)	Skier's Weight (lbs)
165	99-120
175	120-143
185	143-176
195	176-210

Atomic Rainier Posi-Grip Ski #B0570

Length (cm)	Skier's Weight (lbs)
168	99-132
180	121-154
192	154-220

Fischer Outtabounds Ski #B0642

Fischer S-Bound 112 Ski #B1324

Fischer S-Bound 98 Ski #B1325

Skier height +/- 5cm

Length (cm)	Skier's Weight (lbs)
159	<130
169	120-160
179	130-185
189	175+

Fischer Silent Spider Ski #B0640

Fischer Outbound Ski #B0641

Skier height +/- 5cm

Length (cm)	Skier's Weight (lbs)
169	<150
179	130-185
189	175+

Nordic Boot Sizing

Men's	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
Women's	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11				
UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5
Euro	35	36	37	37	38	39	39	40	41	41	42	42	43	44	45	45	46	47