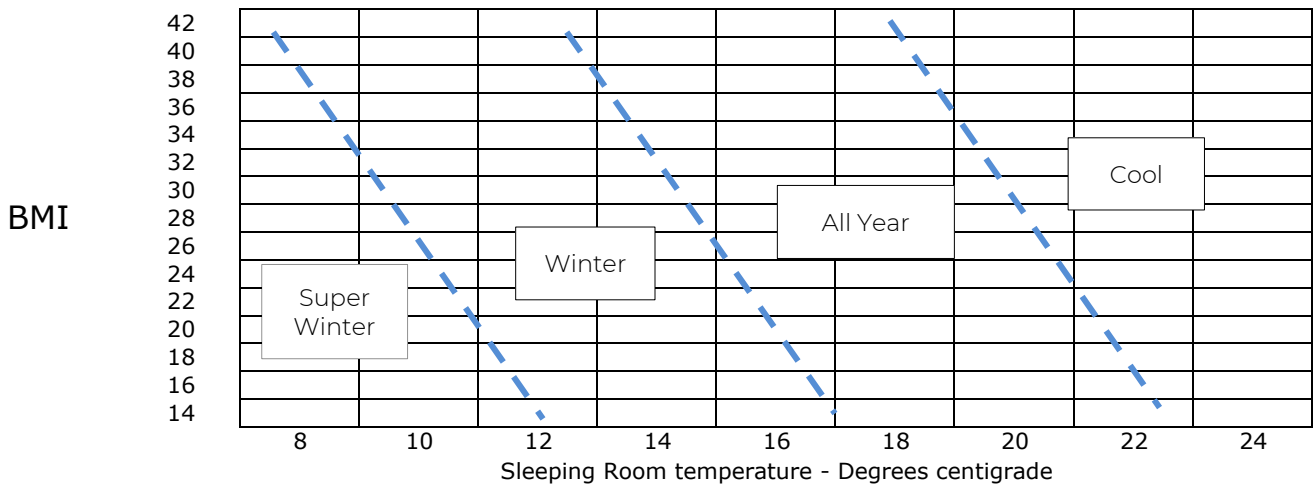


## Alpaca Quilt selection Guide

Calculate your Body Mass Index (BMI)  
Choose the right alpaca quilt style for your sleeping conditions



		Height - Cms									
		150	155	160	165	170	175	180	185	190	195
< 50 kg		22	21	20	18	17	16	15	15	14	13
55 kg		24	23	21	20	19	18	17	16	15	14
60 kg		27	25	23	22	21	20	19	18	17	15
65 kg		29	27	25	24	22	21	20	19	18	17
70 kg		31	29	27	26	24	23	22	20	19	18
75 kg		33	31	29	28	26	24	23	22	21	20
80 kg		36	33	31	29	28	26	25	23	22	21
85 kg		38	35	33	31	29	28	26	25	24	22
90 kg		40	37	35	33	31	29	28	26	25	24
95 kg		42	40	37	35	33	31	29	28	26	26
> 100 kg		44	42	39	37	35	33	31	29	28	27



The quilt selection guide is based on the individuals Body Mass Index, a universal measure of body fat related to height, and then matched to the temperature of one's sleeping environment.

It provides a quick and easy guide for the correct selection of a suitable quilt style.

Within the above categories, the Kelly & Windsor alpaca quilts are shown below -

	Cool	All Year	Winter	Super Winter
<b>Alpaca Gold</b>	200	300	400 or 500	500 or 600
<b>Alpaca Bamboo</b>	200	300	400	600
<b>Alpaca Classic</b>		300	450	
<b>Alpaca Summer</b>	250			

**Please note that the above is a guide only - no responsibility is accepted arising from the use of this information.**

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