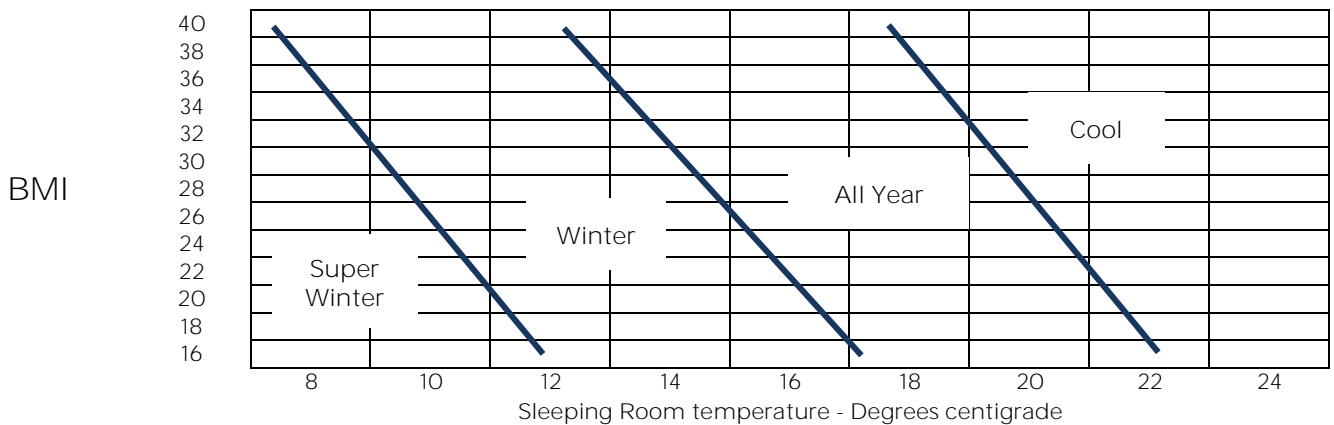


Alpaca Quilt selection Guide

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
45 kg	20	19	18	17	16	15	14	13	12	12
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
105 kg	47	44	41	39	36	34	32	31	29	28
110 kg	49	46	43	40	38	36	34	32	30	29



The quilt selection guide is based on the individuals Body Mass Index, a universal measure of human 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
Alpaca Gold	200	300	400 or 500	500 or 600
Alpaca Bamboo	200	300	400	600
Alpaca Classic		300	450	

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

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