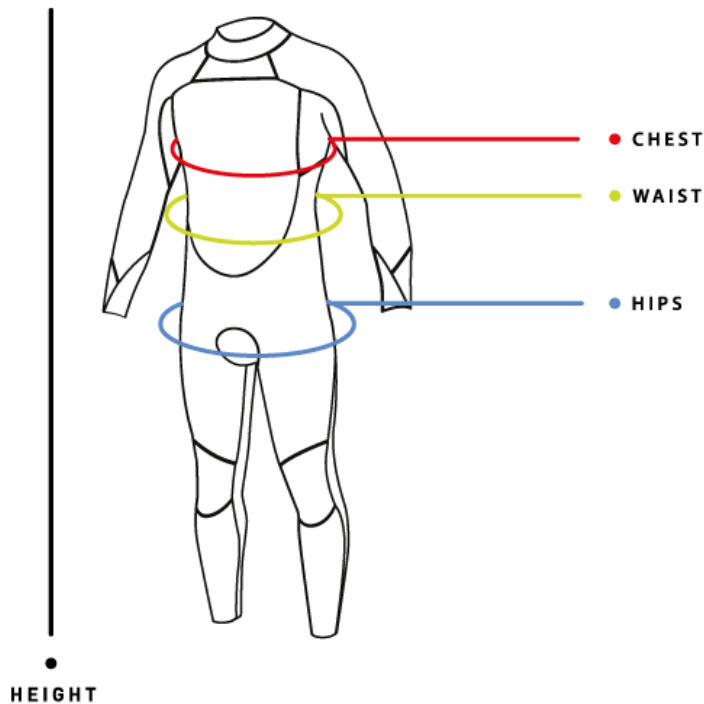


SIZING GUIDE

GUL



- **HEIGHT:**
This measurement is from the bottom of your foot to the top of your head
- **CHEST:**
Measure under the arms all the way round the body at the fullest part of your chest
- **WAIST:**
Measure around your waistline
- **HIPS:**
Measure around the widest part of the hips

THE GUL FIT:

Gul continues to develop the fit and sizing. One of the most important factors when buying technical apparel is the fit. If the garment doesn't fit correctly if it isn't comfortable it won't perform to its' designed capability. When it comes to wetsuits if the suit fits too loose, there will be cold water entering and you'll never stay warm. A suit which is too small or large can also cause a rash. Guls' 45+ years of wetsuit design and engineering helps ensure an excellent fit.

HOW A WETSUIT WORKS:

A wetsuit creates a barrier against nature's extreme elements by utilising the insulating properties of closed cell neoprene. Neoprene is a closed cell foam made up of thousands of tiny air bubbles known as cells. The air within these tiny cells creates a barrier which slows down the conduction of heat and allows your body heat to be retained.

NEOPRENE:

Guls' focus is to use the worlds' best neoprene and fabric innovations available. All materials used in the range are manufactured to Guls' specifications in order to have the right combination of warmth, strength, flexibility and durability. Gul has its own QC inspectors at the factory source who remove and reject any neoprene which comes below Guls' superior standards

NEOPRENE THICKNESS:

The thickness of the neoprene utilised in a wetsuit determines the warmth and flexibility. A thick wetsuit provides maximum insulation but can inhibit the flexibility. A thin wetsuit will be very flexible but can affect the thermal insulation properties. The key is to get the right combination of warmth and flexibility so that you stay warm, but also provides maximum flexibility.

SIZING GUIDE

GUL – MEN

Size	Height	Waist	Chest	Hips
S	5'4" - 5'6" (162 - 167 cm)	27" - 29" (69 - 74 cm)	34" - 36" (86-91 cm)	32" - 34" (81 - 86 cm)
MS	5'6" - 5'8" (167 - 172 cm)	29" - 31" (74 - 79 cm)	36" - 38" (91 - 97 cm)	32" - 34" (81 - 86 cm)
MST	5'10" - 6" (177 - 182 cm)	29" - 31" (74 - 79 cm)	36" - 38" (91 - 97 cm)	32" - 34" (81 - 86 cm)
M	5'8" - 5'10" (172 - 177 cm)	31" - 33" (79 - 84 cm)	38" - 40" (97 - 102 cm)	36" - 38" (91 - 97 cm)
MT	5'10" - 6" (177 - 182 cm)	31" - 33" (79 - 84 cm)	38" - 40" (97 - 102 cm)	36" - 38" (91 - 97 cm)
ML	5'10" - 6" (177 - 182 cm)	33" - 35" (84 - 89 cm)	40" - 42" (102 - 107 cm)	38" - 40" (97 - 102 cm)
LS	5'8" - 5'10" (172 - 177 cm)	35" - 37" (89 - 94 cm)	42" - 44" (107 - 122 cm)	40" - 42" (102 - 107 cm)

L	5'10" - 6" (177- 182 cm)	35" - 37" (89 - 94 cm)	42" - 44" (107 - 122 cm)	40" - 42" (102 - 112 cm)
LT	6' - 6'2" (182- 188 cm)	35" - 37" (80 - 94 cm)	42" - 44" (107 - 112 cm)	40" - 42" (102 - 107 cm)
XL	5'11" - 6'1" (180- 185 cm)	37" - 39" (94 - 99 cm)	44" - 46" (112 - 117 cm)	42" - 44" (107 - 112 cm)
XLT	6'1" - 6'3" (185- 190 cm)	37" - 39" (94 - 99 cm)	44" - 46" (112 - 117 cm)	42" - 44" (107 - 112 cm)
XXL	6'0" - 6'2" (183- 188 cm)	39" - 40" (99 - 102 cm)	46" - 48" (117 - 122 cm)	44" - 48" (112 - 117 cm)
XXLT	6'3" - 6'5" (190- 195 cm)	39" - 40" (99 - 102 cm)	46" - 48" (117 - 122 cm)	44" - 48" (112 - 117 cm)

SIZING GUIDE

GUL – WOMEN

UK	USA	Euro1	Euro2	ITA	Height	Waist	Chest	Hips
8	4	36	34	38	5'4" - 5'5" (160 - 165 cm)	22" - 24" (56 - 61 cm)	30" - 32" (76 - 81 cm)	32" - 34" (81 - 86 cm)
10	6	38	36	40	5'5" - 5'6" (165 - 167 cm)	24" - 26" (61 - 66 cm)	32" - 34" (81 - 86 cm)	34" - 36" (86 - 91 cm)
10T	6	38	36	40	5'6" - 5'7" (167 - 170 cm)	24" - 26" (61 - 66 cm)	32" - 34" (81 - 86 cm)	34" - 36" (86 - 91 cm)
12	8	40	38	42	5'6" - 5'7" (167 - 170 cm)	26" - 28" (66 - 71 cm)	34" - 36" (86 - 91 cm)	36" - 38" (91 - 97 cm)
12T	8	40	38	42	5'7" - 5'8" (170 - 173 cm)	26" - 28" (66 - 71 cm)	34" - 36" (86 - 91 cm)	36" - 38" (91 - 97 cm)
12/14	8/10	40/42	38/40	42/44	5'6" - 5'7" (167 - 170 cm)	26" - 28" (66 - 71 cm)	36" - 38" (91 - 97 cm)	36" - 38" (91 - 97 cm)
14	10	42	40	44	5'7" - 5'8" (170 - 173 cm)	28" - 30" (71 - 76 cm)	36" - 38" (91 - 97 cm)	38" - 40" (97-102 cm)
16	12	44	42	46	5'8" - 5'9" (173 - 176 cm)	30" - 32" (76 - 81 cm)	38" - 40" (97 - 102 cm)	40" - 42" (102-107 cm)
18	14	46	44	48	5'8.5" - 5'9.5" (174 - 177 cm)	32" - 34" (81 - 86 cm)	40" - 42" (102 - 107 cm)	42" - 44" (107-112 cm)
20	16	48	46	50	5'9" - 5'10" (176 - 177 cm)	34" - 36" (86 - 91 cm)	42" - 44" (107 - 112 cm)	44" - 46" (112-117 cm)
22	18	50	48	52	5'10" - 5'10.5" (177 - 180cm)	36" - 38" (91 - 97 cm)	44" - 46" (112 - 117 cm)	46" - 48" (117-122 cm)

SIZING GUIDE

GUL – JUNIOR WETSUITS

Junior Wetsuits

Size	Age	Height	Waist	Chest	Hips
T0	0-1	2'5" (74cm)	17" (43cm)	18" (46cm)	20" (51cm)
T1	1-2	2'10" (88cm)	18" (46cm)	19" (48cm)	21" (53cm)
T2	2-3	3'3" (99cm)	19" (48cm)	20"(51cm)	21"(53cm)
T3	3-4	3'5" (104cm)	20" (51cm)	21"(53cm)	22"(56cm)
JXXXS	4-5	3'10" (116cm)	20" (51cm)	23"(58cm)	22"(56cm)
JXS	5-6	4'1" (124cm)	21"(53cm)	24"(61cm)	23"(58cm)
JXS	7-8	4'4" (132cm)	22" (56cm)	26"(66cm)	24"(61cm)
JS	9-10	4'7" (140cm)	23" (58cm)	28"(71cm)	26"(66cm)
JM	11-12	4'10 (146cm)	24" (61cm)	29"(74cm)	28"(71cm)
JL	13-14	5'1" (154cm)	26"(66cm)	31"(79cm)	29"(74cm)
JXL	14+	5'4" (162cm)	28"(71cm)	33"(84cm)	31"(79cm)

The Size Chart are for general guidelines only. If you are in between sizes. . . Always go a size up!