

# SIZING GUIDE

## ZONE 3

### Men's Wetsuit Size Chart

Size	Height	Weight	Chest	Body Type
S	5ft 4in – 5ft 8in	121lbs – 143lbs	31in – 36in	Small
SM	5ft 7in – 5ft 10in	136lbs – 154lbs	35in – 38in	Small Medium
ST	5ft 9in – 6ft 3in	141lbs – 158lbs	35in – 38in	Small Tall
M	5ft 8in – 6ft 0in	150lbs – 163lbs	38in – 40in	Medium
MT	5ft 9in – 6ft 3in	150lbs – 172lbs	38in – 40in	Medium Tall
ML	5ft 8in – 6ft 2in	165lbs – 180lbs	40in – 42in	Medium Large
L	5ft 10in – 6ft 3in	180lbs – 202lbs	42in – 44in	Large
XL	6ft 0in – 6ft 5in	202lbs – 220lbs	44in – 48in	X Large
XXL	6ft 0in – 6ft 5in	213lbs – 253lbs	46in – 50in	XX Large

Size	Height	Weight	Chest	Body Type
S	163cm – 173cm	55kg – 65kg	79cm – 91cm	Small
SM	170cm – 178cm	62kg – 70kg	89cm – 97cm	Small Medium
ST	175cm – 191cm	64kg – 72kg	89cm – 97cm	Small Tall
M	173cm – 183cm	68kg – 74kg	97cm – 102cm	Medium
MT	175cm – 191cm	68kg – 78kg	97cm – 102cm	Medium Tall
ML	173cm – 188cm	75kg – 82kg	102cm – 107cm	Medium Large
L	178cm – 191cm	82kg – 92kg	107cm – 112cm	Large
XL	183cm – 196cm	92kg – 100kg	112cm – 122cm	X Large
XXL	183cm – 196cm	97kg – 115kg	117cm – 127cm	XX Large

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### Women's Wetsuit Size Chart

Size	Height	Weight	Chest	Body Type
XS	4ft 10in – 5ft 4in	101lbs – 117lbs	31in – 33in	X Small
S	5ft 3in – 5ft 6in	119lbs – 134lbs	33in – 35in	Small
SM	5ft 1in – 5ft 6in	132lbs – 154lbs	36in – 38in	Small Medium
ST	5ft 7in – 6ft 0in	119lbs – 141lbs	33in – 36in	Small Tall
M	5ft 5in – 5ft 10in	132lbs – 147lbs	35in – 37in	Medium
L	5ft 6in – 6ft 0in	150lbs – 172lbs	37in – 39in	Large
XL	5ft 6in – 6ft 6in	161lbs – 183lbs	39in – 42in	X Large

Size	Height	Weight	Chest	Body Type
XS	147cm – 163cm	46kg – 53kg	79cm – 84cm	X Small
S	160cm – 168cm	54kg – 61kg	84cm – 89cm	Small
SM	157cm – 168cm	60kg – 70kg	91cm – 97cm	Small Medium
ST	170cm – 183cm	54kg – 64kg	84cm – 91cm	Small Tall
M	165cm – 178cm	60kg – 67kg	89cm – 94cm	Medium
L	168cm – 183cm	68kg – 78kg	94cm – 99cm	Large
XL	168cm – 198cm	73kg – 83kg	99cm – 107cm	X Large

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### Parka Size Chart

Size	Height (cm)	Weight (kg)	Chest (cm)	Sleeve Length (cm)	Hips (cm)
XS	< 165	<55	80-90	59-61	80-90
S	165-175	55-80	85-95	61-63	85-95
M	170-190	60-95	88-105	63-65	88-105
L	170-192	75-105	90-115	65-67	90-115
XL	192+	85-115	105-125	67-69	105-125

### Neoprene Swim Caps Size Chart

Size	Head Circumference
XS	19in - 21in
S	21in - 23in
M	23in - 25in
L	25in - 27in

Size	Head Circumference
XS	49cm - 52cm
S	52cm - 55cm
M	55cm - 58cm
L	58cm - 61cm

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### Neoprene Socks Size Chart

Size	UK	US	EURO
XS	3 - 4	5 - 6	35 - 37
S	5 - 6	7 - 8	38 - 39
M	7 - 8	9 - 10	40 - 41
L	9 - 10	11 - 12	42 - 43
XL	11 - 12	13 - 14	44 - 45

### Neoprene Gloves Size Chart

Size	Wrist to Finger Tip	Palm Width
XS	6in - 6.8in	2in - 2.6in
S	6.8in - 7.2in	2.6in - 3.1in
M	7.2in - 7.8in	3.1in - 3.7in
L	7.8in - 8.5in	3.7in - 4.3in
XL	8.5in - 9in	4.3in - 4.9in

Size	Wrist to Finger Tip	Palm Width
XS	15.5cm - 17cm	5cm - 6.5cm
S	17cm - 18.5cm	6.5cm - 8cm
M	18.5cm - 20cm	8cm - 9.5cm
L	20cm - 21.5cm	9.5cm - 11cm
XL	21.5cm - 23cm	11cm - 12.5cm