

SIZE CONVERSION TABLES BOOTS

Children	Women	Men	European
10			28
11			29
12			30
13			31
1			32
2			33
3			34
	4-4½		35
	5		36
	5½		37
	6½	5	38
	7½	5½-6	39
	8	6½	40
	9	7-7½	41
		8	42
	10½	9	43
		10	44
		11	45
		11½	46
		12½	47
		13	48

For proper fit if you wear heavy socks, it is generally recommended that you take the next larger European size

SKIS AND POLES (inches to centimeters)

33	35	37	39	311	41	43	45	47	49	411	51
100	105	110	115	120	125	130	135	140	145	150	155
53	55	57	59	511	61	63	65	67	69	611	71
160	165	170	175	180	185	190	195	200	205	210	215
											220

CROSS COUNTRY SKI CHARTS

Skier's Height		Skier's WT. Lbs.	Recommended Ski Length	Recommended Pole Length
Ft. & In.	cm			
4'5"	135		150	100
4'7"	140		160	110
4'9"	145	100	170	115
4'11"	150		180	120
5'1"	155	120	185	125
5'3"	160		190	130
5'5"	165	155	195	135
5'7"	170		200	140
5'9"	175	175	205	145
5'11"	180		210	150
6'1"	185	200	TO	155
6'3"	190			160
6'5"	195	220	220	160

Measure for skis from the floor-to-wrist of a raised-over-the-head arm. Subtract 5 to 10 cm for lightweight or unathletic, add 5 to 10 cm for heavyweight.

Measure for poles from floor to mid-shoulder.

Generally figure 30 cm above height of individual for skis and 30 cm below height for poles.