

## SIZE GUIDE

Use as a guide only.  
 Sizes may vary from product to product.  
 We strongly recommend you try before you buy.

### PFDS (WOMENS IN BRACKETS)

SIZE (W)	SPROGLET	SPROG	XS	SM (8-12)	LXL(14-16)	XXL	FL/XL
WEIGHT KG	12-25	20-40	30-50	45-70	65-90	85-110	60-90
CHEST CM	50-60	55-65	70-100	80-110	90-120	100-130	90-120
UPLIFT > N	40	50	45	50	50	70	70

### JACKETS, PANTS & NEOPRENE (WOMENS IN BRACKETS)

SIZE (W)	XXS	XS (10)	S (12)	M (14)	L	XL	XXL
CHEST CM	80-90	85-95	90-100	95-105	100-115	110-125	110-130
WAIST CM	60-70	65-75	70-80	75-85	80-90	85-95	90-100
INSIDE LEG CM	60-70	65-75	70-80	75-85	80-90	85-95	85-95

### KIDZ

SIZE (YRS)	>4	>6	>8	>10
CHEST CM	53-59	58-64	63-69	68-74
WAIST CM	48-54	53-59	58-64	63-69
INSIDE LEG CM	40-46	43-49	46-52	49-55

### COCKPITS

SIZE	K1	C1	WWR	COMP	SMALL	KEYHOLE	BIGDECK	XL
LENGTH CM	74-80	61-67	62-68	83-90	78-84	84-90	89-95	97-102
WIDTH CM	40-46	49-55	40-46	44-50	45-51	50-56	50-56	52-57

### SPRAYDECK WAISTS

SIZE	XS	S	ML	XL
WAIST CM	55-65	65-75	75-85	85-95
WAIST INCH	22-26	26-30	30-34	34-38

### FOOTWEAR

SIZE UK	5	6	7	8	9	10	11	12
SIZE US	6	7	8	9	10	11	12	13
SIZE EU	37/38	39	40	41/42	43	44	45	46