

## SIZING RECOMMENDATIONS FOR WINTER EQUIPMENT 2020 - 2021

Height Of Person	FT	3'0	3'6	4'0	4'5	4'9	4'11	5'1	5'3	5'5	5'7
	CM	90	105	120	135	145	150	155	160	165	170
CROSS COUNTRY SKIS		3'0	3'6	4'0	4'5	4'9	4'11	5'1	5'3	5'5	5'7
Junior Skis Length (Cm)		90-100	110-120	120-130	140-150	160					
Adult Skis Length (Cm)							170	180	180	190	190
Light Touring Ski Length(Cm)							170	170	180	180	190
Adult Pole Length (Cm)							115	120	120-125	125-130	130-135
Junior Pole Length (Cm)		90	95	105	105	110					

DOWNHILL SKIS		3'0	3'6	4'0	4'5	4'9	4'11	5'1	5'3	5'5	5'7
Junior Ski Length (Cm)		80-90	100-110	110-120	120-130						
Adult Ski Length (Cm)						140	140	150	155	160	160
Pole Length (Cm)				90	95	100	105	110	115	120	

SNOWBOARDS		3'0	3'6	4'0	4'5	4'9	4'11	5'1	5'3	5'5	5'7
Snowboard Size					S	S	S	S	S	S/M	M
Split Board Size					S	S	S	S	S	S/M	M
User Weight						125-150 LBS				150-185 LBS	

WEIGHT		LBS	110	120	130	140	150
		KG	50	54	60	64	68
ALPINE TOURING							
Ski Length (Cm)			140	155	165		

SNOWSHOES		YOUTH	SMALL	MEDIUM
Snowshoe Size				
User Weight (Lbs)		<90 LBS	90-150 LBS	150+ LBS
User Weight (Kg)		<36 KG	40-70 KG	70+ KG

MICROSPIKES
Spike Size
Womens Size
Mens Size

5'9 5'11 6'1 >6'3			
175	180	185	190
5'9 5'11 6'1 >6'3			
200	200	200	200
190	200	200	200
135-140	140-145	145-150	155-160

5'9 5'11 6'1 >6'3			
170	170	180	180
125	130	135	135

5'9 5'11 6'1 >6'3			
M	M/L	L	L
M	M/L	L	L
185-220 LBS			

160 170 180 190+			
73	77	82	86
175		180	185

(Shoe Sizes)			
SMALL	MEDIUM	LARGE	X-LARGE
7-9	10-12	12+	12+
5-7	8-10	11-13	14-16

BOOT SIZES				
CANADIAN			EUR	MONDO
YOUTH	MEN	WOMEN		
8			26	16
9			27	17
10			28	17.5
11			29	18
12			30	19
13			31	20
13.5			32	20.5
1	1	2	33	21
2	2	3	34	21.5
3	3	4	35	22
	4	5	36	22.5
	5	6	37	23.5
	6	7	38	24
	6.5	7.5	39	25
	7	8	40	25.5
	8	9	41	26.5
	8.5	9.5	42	27
	9	10	43	28
	10	11	44	28.5
	11		45	29.5
	11.5		46	30.5
	12		47	31
	12.5		48	32
	13		49	33
	13.5		50	33.5