

Size guide

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Men

Find your size using a measuring tape:

- Chest circumference: Measure the widest circumference of your chest. The tape should be flat against your chest, under your armpits, and parallel to the ground during the measurement. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- Waist circumference: Measure around the upper waist, above the navel. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- Hip circumference: Measure horizontally around the largest part of your hips.
- If you are in between two sizes, size up for a looser fit, size down for a tighter fit.

Tops

Includes t-shirts, long-sleeve shirts, base layers, sweaters, vests, jackets and coats

US size	EU size	Chest circumference (centimetres)	Chest circumference (inches)	Waist circumference (centimetres)	Waist circumference (inches)
XS	36	84-87 cm	33.1-34.3 in	66-71 cm	26-28 in
S	38	88-91 cm	34.6-35.8 in	72-75 cm	28.3-29.5 in
M	40	92-95 cm	36.2-37.4 in	76-80 cm	29.9-31.5 in
L	42-44	96-103 cm	37.8-40.5 in	81-89 cm	31.9-35 in
XL	46-48	104-113 cm	40.9-44.5 in	90-101 cm	35.4-39.8 in
2XL	50-52	114-123 cm	44.9-48.4 in	102-113 cm	40.2-44.5 in
3XL	54-56	124-135 cm	48.8-53.1 in	114-126 cm	44.9-49.6 in
4XL	58-60	136-146 cm	53.5-57.5 in	127-140 cm	50-55.12 in
5XL	62-64	147-159 cm	57.9-62.6 in	141-154 cm	55.51-60.63 in

Bottoms

Includes pants, shorts, boxers, bermudas, leggings, and snow pants

US size	EU size	Waist circumference (centimetres)	Hip circumference (centimetres)	Waist circumference (inches)	Hip circumference (inches)
XS	36	66-71 cm	80-85 cm	26-28 in	31.5-33.5 in
S	38	72-75 cm	86-89.5 cm	28.3-29.5 in	33.9-34.1 in
S-M	40	76-80 cm	90.5-94 cm	29.9-31.5 in	35.6-37 in
M	42	81-84 cm	95-98.5 cm	31.9-33 in	37.4-38.8 in
L	44	85-89 cm	99.5-103 cm	33.5-35 in	39.2-40.6 in
XL	46	90-95 cm	104-108.3 cm	35.4-37.4 in	40.9-42.6 in
XL-2XL	48	91-101 cm	109.3-113.5 cm	37.8-39.8 in	43-44.7 in
2XL	50	102-107 cm	114.5-118.8 cm	40.2-42.1 in	45.1-46.8 in
3XL	52	108-113 cm	119.8-124 cm	42.5-44.5 in	47.1-48.8 in
3XL-4XL	54	114-119 cm	125-130 cm	44.9-46.9 in	49.2-51.2 in
4XL	56	120-126 cm	131-136 cm	47.2-49.6 in	51.6-53.5 in
5XL	58	127-133 cm	137-142 cm	50-52.3 in	53.9-55.9 in

Footwear

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of the heel to the object.
- Repeat this process for the other foot.
- Most of our shoes come in European sizes. The guide below shows you the corresponding US size. If you are in between two sizes, choose the larger one.
- An "M" before a size indicates US men's size. A "W" before a size indicates a US women's size.

Includes sandals, water shoes, sneakers and boots

US men	US women	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
-	5	35	22 cm	8.7 in
-	5.5	36	22.5 cm	8.9 in
5	6.5	37	23.5 cm	9.3 in
6	7.5	38	24 cm	9.4 in
6.5	8	39	24.5 cm	9.6 in
7.5	9	40	25.5 cm	10 in
8	9.5	41	26 cm	10.2 in
9	10.5	42	26.5 cm	10.4 in
9.5	11	43	27.5 cm	10.8 in
10.5	12	44	28 cm	11 in
11.5	13	45	28.5 cm	11.2 in
12	-	46	29.5 cm	11.6 in
13	-	47	30 cm	11.8 in

Accessories

Gloves

Find your size with a measuring tape:

- Measure the circumference of your palm around the knuckle line of your dominant hand. Do not include the thumb while measuring.

Includes fitness, cardio-boxing, running, cycling and winter gloves/mittens.

Numeric sizes	Age	Size	Circumference of palm (centimetres)	Circumference of palm (inches)
2	4 years	-	13.9-14.8 cm	5.4-5.8 in
3	6 years	-	14. -15.8 cm	5.9-6.2 in
4	8 years	-	15.9-16.8 cm	6.3-6.6 in
5	10 years	3XS	16.9-17.7 cm	6.7-7 in
6	12 years	2XS	17.8-18.5 cm	7-7.3 in
7	14 years	XS	18.6-19.3 cm	7.3-7.6 in
7.5	-	S	19.4-20.1 cm	7.7-7.9 in
8	-	M	20.2-20.9 cm	8-8.2 in
8.5	-	L	21-21.7 cm	8.3-8.5 in
9	-	XL	21.8-22.5 cm	8.6-8.9 in
9.5	-	2XL	22.6-23.3 cm	8.9-9.1 in
10	-	3XL	23.4-24.1 cm	9.2-9.5 in
10.5	-	4XL	24.2-24.9 cm	9.5-9.8 in

Headwear

Includes caps, tuques, and sun hats

Size	Head circumference (centimetres)	Head circumference (inches)
2XS	44-49 cm	17 3/8-19 3/8 in
XS	47-52 cm	18 1/2-20 1/2 in
S	52-55 cm	20 1/2-21 5/8 in
M	55-59 cm	21 5/8-23 1/4 in
L	59-62 cm	23 1/4-24 3/8 in
Adults	56-62 cm	22-24 3/8 in

Joint and muscle supports

Includes knee, ankle, elbow and wrist supports

Size	Knee Circumference-8 cm above knee	Ankle Circumference-5 cm above ankle	Elbow Circumference-5 cm below elbow	Wrist Circumference-5 cm above wrist
0	32.3-35.7 cm	-	-	-
1	35.8-39.2 cm	20.1-22 cm	21.5-23.5 cm	15.5-18.5 cm
2	39.3-42.7 cm	22.1-23.3 cm	23.6-26 cm	18.6-21.5 cm
3	42.8-47.2 cm	23.4-25 cm	26.1-28 cm	-
4	-	25.1-26.3 cm	28.1-30 cm	-
One size	35.8-47.2 cm	20.1-26.3 cm	21.5-30 cm	15.5-21.5 cm

Lumbar belts

Measure 5 cm above the hips for your waist circumference.

Sizes S to 3XL

Sizes	Waist circumference (centimetres)	Waist circumference (inches)
S-M	74-83 cm	29-33 in
L-XL	84-103 cm	33-39 in
2XL-3XL	104-123 cm	39-46 in

Sizes 1 to 3

Sizes	Waist circumference (centimetres)	Waist circumference (inches)
1	65-85 cm	25.6-33.5 in
2	85-115 cm	33.5-45.3 in
3	115-140 cm	45.3-55.1 in

Swimsuits

Includes swim shorts, boxer shorts, swim briefs and jammers

US size	EU size	Waist circumference (centimetres)	Hip circumference (centimetres)	Waist circumference (inches)	Hip circumference (inches)
XS	36	66-71 cm	80-85 cm	26-28 in	31.5-33.5 in
S	38	72-75 cm	86-89.5 cm	28.3-29.5 in	33.9-34.1 in
S-M	40	76-80 cm	90.5-94 cm	29.9-31.5 in	35.6-37 in
M	42	81-84 cm	95-98.5 cm	31.9-33 in	37.4-38.8 in
L	44	85-89 cm	99.5-103 cm	33.5-35 in	39.2-40.6 in
XL	46	90-95 cm	104-108.3 cm	35.4-37.4 in	40.9-42.6 in
XL-2XL	48	91-101 cm	109.3-113.5 cm	37.8-39.8 in	43-44.7 in
2XL	50	102-107 cm	114.5-118.8 cm	40.2-42.1 in	45.1-46.8 in
3XL	52	108-113 cm	119.8-124 cm	42.5-44.5 in	47.1-48.8 in
3XL-4XL	54	114-119 cm	125-130 cm	44.9-46.9 in	49.2-51.2 in
4XL	56	120-126 cm	131-136 cm	47.2-49.6 in	51.6-53.5 in
5XL	58	127-133 cm	137-142 cm	50-52.3 in	53.9-55.9 in

Wetsuits

Includes snorkelling and surfing wetsuits

US size	EU size	Height (centimetres)	Chest circumference (centimetres)	Waist circumference (centimetres)	Hip circumference (centimetres)
XS	36	166-170 cm	84 cm	72 cm	84 cm
S	38	171-175 cm	92 cm	78 cm	90 cm
M	40	176-180 cm	100 cm	84 cm	96 cm
L	42 / 44	181-185 cm	108 cm	90 cm	102 cm
XL	46/48	186-190 cm	116 cm	96 cm	108 cm
2XL	50/52	191-195 cm	124 cm	102 cm	114 cm
3XL	54	196-201 cm	132 cm	108 cm	120 cm

Women

Find your size using a measuring tape:

- **Bust circumference:** Measure the widest circumference of your chest. The tape should be flat against your chest, under your armpits, and parallel to the ground during the measurement. Keep the neck relaxed and breathe normally. The tape measure should be snug enough to fit one finger.
- **Waist circumference:** Measure around the upper waist, above the navel. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- **Hip circumference:** Measure horizontally around the largest part of your hips.
- If you are in between two sizes, size up for a looser fit, size down for a tighter fit.

Tops

Includes t-shirts, long-sleeve shirts, sweaters, vests, jackets and coats.

US size	EU size	Bust circumference (centimetres)	Bust circumference (inches)	Waist circumference (centimetres)	Waist circumference (inches)
2XS	34	80-83 cm	31.5-32.7 in		
XS	36	84-87 cm	33.1-34.3 in		
S	38	88-91 cm	34.6-35.8 in		
M	40	92-95 cm	36.2-37.4 in		
L	42-44	96-103 cm	37.8-40.5 in		
XL	46-48	104-113 cm	40.9-44.5 in		
2XL	50-52	114-123 cm	44.9-48.4 in		
3XL	54-56	124-135 cm	48.8-53.1 in		
4XL	58-60	136-146 cm	53.5-57.5 in		
5XL	62-64	147-159 cm	57.9-62.6 in		

Sports bras

Women's running, dance and fitness sport bras

Universal bust circumference (inches)	Bust circumference (centimetres)	Bust circumference (inches)	A Cup	B Cup	C Cup	D Cup	DD-DDD Cup
32	80-85 cm	31.5-33.5 in	XS (A-B Cup)	XS (A-B Cup)	-	-	-
34	85-90 cm	33.5-35.4 in	S (A-B Cup)	S (A-B Cup)	S (C-D Cup)	S (C-D Cup)	-
36	90-95 cm	35.4-37.4 in	M (A-B Cup)	M (A-B Cup)	M (C-D Cup)	M (C-D Cup)	M (DD-DDD Cup)
38	95-100 cm	37.4-39.4 in	L (A-B Cup)	L (A-B Cup)	L (C-D Cup)	L (C-D Cup)	L (DD-DDD Cup)
40	100-105 cm	39.4-41.3 in	-	-	XL (C-D Cup)	XL (C-D Cup)	XL (DD-DDD Cup)
42	105-110 cm	41.3-43.3 in	-	-	-	-	2XL (DD-DDD Cup)

Bottoms

Include women's pants, shorts, capris, skirts, skorts, bermudas, leggings, and snow pants

US size	EU size	Hip circumference (centimetres)	Hip circumference (inches)
2XS	32	79-85 cm	31.1-33.5 in
XS	34	85-89 cm	33.5-35 in
XS-S	36	89-93 cm	35-36.6 in
S	38	93-97.5 cm	36.6-38.4 in
M	40	97.5-102 cm	38.4-40.2 in
L	42	102-106.5 cm	40.2-42 in
L-XL	44	106.5-111 cm	42-43.7 in
XL	46	111-115.5 cm	43.7-45.5 in
2XL	48	115.5-120 cm	45.5-47.2 in
3XL	50	120-124.8 cm	47.2-49.1 in
3XL-4XL	52	124.8-129.6 cm	49.1-51 in
4XL	54	129.6-136.8 cm	51-53.4 in
5XL	56	136.8-144 cm	53.4-56.7 in

Footwear

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of the heel to the object.
- Repeat this process for the other foot.
- Most of our shoes come in European sizes. The guide below shows you the corresponding US size. If you are in between two sizes, choose the larger one.
- An "M" before a size indicates US men's size. A "W" before a size indicates US women's size.

Include women's sandals, water shoes, sneakers and boots

US women	US men	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
5	-	35	22 cm	8.7 in
5.5	-	36	22.5 cm	8.9 in
6.5	5	37	23.5 cm	9.3 in
7.5	6	38	24 cm	9.4 in
8	6.5	39	24.5 cm	9.6 in
9	7.5	40	25.5 cm	10 in
9.5	8	41	26 cm	10.2 in
10.5	9	42	26.5 cm	10.4 in
11	9.5	43	27.5 cm	10.8 in
12	10.5	44	28 cm	11 in
13	11.5	45	28.5 cm	11.2 in
-	12	46	29.5 cm	11.6 in
-	13	47	30 cm	11.8 in

Accessories

Includes gloves, headwear, joint and muscle supports and lumbar belts

Gloves

Find your size with a measuring tape:

- Measure the circumference of your palm around the knuckle line of your dominant hand. Do not include the thumb while measuring.

Includes fitness, cardio-boxing, running, cycling and winter gloves/mittens

Numeric sizes	Age	Size	Circumference of palm (centimetres)	Circumference of palm (inches)
2	4 years	-	13.9-14.8 cm	5.4-5.8 in
3	6 years	-	14. -15.8 cm	5.9-6.2 in
4	8 years	-	15.9-16.8 cm	6.3-6.6 in
5	10 years	3XS	16.9-17.7 cm	6.7-7 in
6	12 years	2XS	17.8-18.5 cm	7-7.3 in
7	14 years	XS	18.6-19.3 cm	7.3-7.6 in
7.5	-	S	19.4-20.1 cm	7.7-7.9 in
8	-	M	20.2-20.9 cm	8-8.2 in
8.5	-	L	21-21.7 cm	8.3-8.5 in
9	-	XL	21.8-22.5 cm	8.6-8.9 in
9.5	-	2XL	22.6-23.3 cm	8.9-9.1 in
10	-	3XL	23.4-24.1 cm	9.2-9.5 in
10.5	-	4XL	24.2-24.9 cm	9.5-9.8 in

Headwear

Includes caps, tuques and sun hats

Size	Head circumference (centimetres)	Head circumference (inches)
2XS	44-49 cm	17 3/8-19 3/8 in
XS	47-52 cm	18 1/2-20 1/2 in
S	52-55 cm	20 1/2-21 5/8 in
M	55-59 cm	21 5/8-23 1/4 in
L	59-62 cm	23 1/4-24 3/8 in
Adults	56-62 cm	22-24 3/8 in

Joint and muscle supports

Includes knee, ankle, elbow and wrist supports

Size	Knee Circumference-8 cm above knee	Ankle Circumference-5 cm above ankle	Elbow Circumference-5 cm below elbow	Wrist Circumference-5 cm above wrist
0	32.3-35.7 cm	-	-	-
1	35.8-39.2 cm	20.1-22 cm	21.5-23.5 cm	15.5-18.5 cm
2	39.3-42.7 cm	22.1-23.3 cm	23.6-26 cm	18.6-21.5 cm
3	42.8-47.2 cm	23.4-25 cm	26.1-28 cm	-
4	-	25.1-26.3 cm	28.1-30 cm	-
One size	35.8-47.2 cm	20.1-26.3 cm	21.5-30 cm	15.5-21.5 cm

Lumbar belts

Measure 5 cm above the hips.

Sizes S to 3XL

Sizes	Waist circumference (centimetres)	Waist circumference (inches)
S-M	74-83 cm	29-33 in
L-XL	84-103 cm	33-39 in
2XL-3XL	104-123 cm	39-46 in

Sizes 1 to 3

Sizes	Waist circumference (centimetres)	Waist circumference (inches)
1	65-85 cm	25.6-33.5 in
2	85-115 cm	33.5-45.3 in
3	115-140 cm	45.3-55.1 in

Swimsuits

Find your size using a measuring tape:

- **Bust circumference:** Measure the widest circumference of your chest. The tape should be flat against your chest, under your armpits, and parallel to the ground during the measurement. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- **Waist circumference:** Measure around the upper waist, above the navel. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- **Hip circumference:** Measure horizontally around the largest part of your hips.
- If you are in between two sizes, size up for a looser fit, size down for a tighter fit.

One-piece swimsuits and bikini bottoms

US size	EU size	Hip circumference (centimetres)	Hip circumference (inches)
2XS	32	80-83 cm	31.5-32.7 in
XS	34	84-87 cm	33.1-34.3 in
S	36	88-91 cm	34.7-35.8 in
M	38	92-95 cm	36.2-37.4 in
M-L	40	96-99 cm	37.8-39 in
L	42	100-103 cm	39.4-40.6 in
L-XL	44	104-107 cm	40.9-42.1 in
XL	46	108-113 cm	42.5-44.5 in
XL-2XL	48	114-118 cm	44.9-46.5 in
2XL	50	119-123 cm	46.9-48.4 in

Bikini tops

US bra size	French bra size	Women's top size	Bust measurement (centimetres)	Under-bust measurement (centimetres)	Bust measurement (inches)	Under-bust measurement (inches)
32 A	85A	2XS/XS	80 cm	70 cm	31.5 in	27.6 in
34 A	90A	S	85 cm	75 cm	33.5 in	29.5 in
36 A	95A	M	90 cm	80 cm	35.4 in	31.5 in
38 A	100A	M/L	95 cm	85 cm	37.4 in	33.5 in
32 B	85B	XS	83 cm	70 cm	32.7 in	27.6 in
34 B	90B	S/M	88 cm	75 cm	34.6 in	29.5 in
36 B	95B	M/L	93 cm	80 cm	36.6 in	31.5 in
38 B	100B	M/L	98 cm	85 cm	38.6 in	33.5 in
32 C	85C	XS/S	85 cm	70 cm	33.5 in	27.6 in

US bra size	French bra size	Women's top size	Bust measurement (centimetres)	Under-bust measurement (centimetres)	Bust measurement (inches)	Under-bust measurement (inches)
34 C	90C	M	90 cm	75 cm	35.4 in	29.5 in
36 C	95C	M/L	95 cm	80 cm	37.4 in	31.5 in
38 C	100C	XL	100 cm	85 cm	39.4 in	33.5 in
32 D	85D	S	88 cm	70 cm	34.6 in	27.6 in
34 D	90D	M/L	93 cm	75 cm	36.6 in	29.5 in
36 D	95D	L	98 cm	80 cm	38.6 in	31.5 in
38 D	100D	XL	103 cm	85 cm	40.6 in	33.5 in
38 DD	100E	XL	105 cm	85 cm	41.3 in	33.5 in

Wetsuits

Includes snorkelling and surfing wetsuits

US size	EU size	Height (centimetres)	Bust circumference (centimetres)	Waist circumference (centimetres)	Hip circumference (centimetres)
XS	36	166-170 cm	84 cm	72 cm	84 cm
S	38	171-175 cm	92 cm	78 cm	90 cm
M	40	176-180 cm	100 cm	84 cm	96 cm
L	42 / 44	181-185 cm	108 cm	90 cm	102 cm
XL	46/48	186-190 cm	116 cm	96 cm	108 cm
2XL	50/52	191-195 cm	124 cm	102 cm	114 cm
3XL	54	196-201 cm	132 cm	108 cm	120 cm

Babies and children

Find your size with a measuring tape:

- Height: Stand against a wall (barefoot or in socks), heels touching the wall. Stand straight, then place a book or other flat object on the top of your head. Hold it against the wall and mark the bottom edge of the book. Measure the distance from the floor to the mark you made.
- Chest circumference: Measure the widest circumference of your chest. The tape should be flat against your chest, under your armpits, and parallel to the ground during the measurement. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- Waist circumference: Measure around the upper waist, above the navel. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- Hip circumference: Measure horizontally around the largest part of your hips.
- If you are in between two sizes, size up for a looser fit, size down for a tighter fit.

Children's tops

Includes t-shirts, long-sleeve shirts, sweaters, jackets, coats, and vests

Size (unisex)	Height (centimetres)	Height (inches)	Chest circumference (centimetres)	Waist circumference (centimetres)	Chest circumference (inches)	Waist circumference (inches)
12 months	71-77 cm	28-30 in	43-45 cm	39-41 cm	16.9-17.7 in	15.4-16.1 in
18 months	77-83 cm	30-32 in	46-47 cm	41.5-43 cm	18.1-18.9 in	16.3-16.9 in
2 years	83-90 cm	32-35 in	48-49 cm	44-46 cm	18.9-19.3 in	17.3-18.1 in
3 years	91-97 cm	35-38 in	50-51 cm	46-48 cm	19.7-20.1 in	18.1-18.9 in
4 years	98-104 cm	38-41 in	52-54 cm	49-51 cm	20.5-21.3 in	19.3-20.1 in
5 years	105-114 cm	42-45 in	55-57 cm	51-53 cm	21.7-22.4 in	20.1-20.9 in
6 years	115-124 cm	45-49 in	58-60 cm	53-55 cm	22.8-23.6 in	20.9-21.7 in
8 years	125-132 cm	49-52 in	61-63 cm	55-57 cm	24-24.8 in	21.7-22.4 in
10 years	133-142 cm	52-56 in	64-67 cm	58-60 cm	25.2-26.4 in	22.8-23.6 in
12 years - Girls	143-150 cm	56-59 in	68-71 cm	61-63 cm	26.8-28 in	24-24.8 in
14 years - Girls	151-160 cm	59-63 in	72-81 cm	64-67 cm	28.3-31.9 in	25.2-26.4 in
12 years - Boys	143-152 cm	56-60 in	68-73 cm	61-64 cm	26.8-28.7 in	24-25.2 in
14 years - Boys	153-162 cm	60-64 in	74-80 cm	65-69 cm	29-31.5 in	25.6-27.2 in

Children's bottoms

Includes pants, leggings, shorts, skirts, bermudas, snow pants, and rain pants.

Size (unisex)	Height (centimetres)	Height (inches)	Waist circumference (centimetres)	Hip circumference (centimetres)	Waist circumference (inches)	Hip circumference (inches)
12 months	71-77 cm	28-30 in	39-41 cm	44-47 cm	15.4-16.1 in	17.3-18.9 in
18 months	77-83 cm	30-32 in	41.5-43 cm	47-49 cm	16.3-16.9 in	18.9-19.3 in
2 years	83-90 cm	32-35 in	44-46 cm	49-51.5 cm	17.3-18.1 in	19.3-20.3 in
3 years	91-97 cm	35-38 in	46-48 cm	51.5-53 cm	18.1-18.9 in	20.3-20.9 in
4 years	98-104 cm	38-41 in	49-51 cm	54-57 cm	19.3-20.1 in	21.3-22.4 in
5 years	105-114 cm	42-45 in	51-53 cm	58-61 cm	20.1-20.9 in	22.8-24 in
6 years	115-124 cm	45-49 in	53-55 cm	62-65 cm	20.9-21.7 in	24.4-25.6 in
8 years	125-132 cm	49-52 in	55-57 cm	66-69 cm	21.7-22.4 in	26-27.2 in
10 years	133-142 cm	52-56 in	58-60 cm	70-73 cm	22.8-23.6 in	27.6-28.7 in
12 years - Girls	143-150 cm	56-59 in	61-63 cm	74-81 cm	24-24.8 in	29.1-31.9 in
14 years - Girls	151-160 cm	59-63 in	64-67 cm	82-89 cm	25.2-26.4 in	32.3-35 in
12 years - Boys	143-152 cm	56-60 in	61-64 cm	74-77 cm	24-25.2 in	29.1-30.3 in
14 years - Boys	153-162 cm	60-64 in	65-69 cm	78-82 cm	25.6-27.2 in	30.8-32.3 in

Babies and children's footwear

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of the heel to the object.
- Repeat this process for the other foot.
- Most of our shoes come in European sizes. The guide below shows you the corresponding US size. If you are in between two sizes, choose the larger one.
- A "C" in front of the size indicates US children's size.

Includes sandals, water shoes, sneakers and boots

US size	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
2.5C	17	10 cm	3.9 in
3C	18	11 cm	4.3 in
3.5C	19	11.5 cm	4.5 in
4.5C	20	12 cm	4.7 in
5C	21	12.5 cm	4.9 in
6C	22	13.5 cm	5.3 in
7C	23	14 cm	5.5 in
7.5C	24	14.5 cm	5.7 in
8.5C	25	15.5 cm	6.1 in
9C	26	16 cm	6.3 in
10C	27	16.5 cm	6.5 in
10.5C	28	17.5 cm	6.9 in
11.5C	29	18 cm	7.1 in
12.5C	30	18.5 cm	7.3 in
13C	31	19.5 cm	7.7 in
1	32	20 cm	7.9 in
2	33	20.5 cm	8.1 in
2.5	34	21.5 cm	8.5 in
3.5	35	22 cm	8.7 in
4	36	22.5 cm	8.9 in
5	37	23.5 cm	9.3 in
6	38	24 cm	9.4 in

Children's accessories

Includes gloves, headwear, joint and muscle supports and lumbar belts

Kids' hats

Includes caps, tuques, and sun hats

Size	Head circumference (centimetres)	Head circumference (inches)
6-12 months	41-42 cm	16.9-18.1 in
18 months-2 years	47-49 cm	18.5-19.3 in
3-4 years	50-51 cm	19.7-20 in
Youth	50-56 cm	19.7-22 in

Kids' gloves

Find your size with a measuring tape:

- Measure the circumference of your palm around the knuckle line of your dominant hand. Do not include the thumb while measuring.

Includes fitness, cardio-boxing, running, cycling and winter gloves/mittens

Numeric sizes	Age	Size	Circumference of palm (centimetres)	Circumference of palm (inches)
2	4 years	-	13.9-14.8 cm	5.4-5.8 in
3	6 years	-	14. -15.8 cm	5.9-6.2 in
4	8 years	-	15.9-16.8 cm	6.3-6.6 in
5	10 years	3XS	16.9-17.7 cm	6.7-7 in
6	12 years	2XS	17.8-18.5 cm	7-7.3 in
7	14 years	XS	18.6-19.3 cm	7.3-7.6 in
7.5	-	S	19.4-20.1 cm	7.7-7.9 in
8	-	M	20.2-20.9 cm	8-8.2 in
8.5	-	L	21-21.7 cm	8.3-8.5 in
9	-	XL	21.8-22.5 cm	8.6-8.9 in
9.5	-	2XL	22.6-23.3 cm	8.9-9.1 in
10	-	3XL	23.4-24.1 cm	9.2-9.5 in
10.5	-	4XL	24.2-24.9 cm	9.5-9.8 in

Babies and children's swimsuits and wetsuits

Find your size with a measuring tape:

- Height: Stand against a wall (barefoot or in socks), heels touching the wall. Stand straight and place a book or other flat object on the top of your head. Hold it against the wall and mark the bottom edge of the book. Measure the distance from the floor to the mark you made.
- Chest circumference: Measure the widest circumference of your chest. The tape should be flat, under your armpits, and parallel to the ground during the measurement. Keep the neck relaxed and breathe normally. The tape measure should be snug enough to fit one finger.
- Waist circumference: Measure around the upper waist, above the navel. Keep the neck relaxed and breathe naturally. The tape measure should be snug enough to fit one finger.
- Hip circumference: Measure horizontally around the largest part of your hips.
- If you are in between two sizes, size up for a looser fit, size down for a tighter fit.

Girls' swimsuits

Includes 1 piece and 2 piece swimsuits: sizes 6 months to 14-15 years

Swimsuits (Girls)	Height (centimetres)	Height (inches)	Chest circumference (centimetres)	Waist circumference (centimetres)	Hip circumference (centimetres)	Chest circumference (inches)	Waist circumference (inches)	Hip circumference (inches)
6 months	61-69 cm	24-27 in	42-43 cm	37-38.5 cm	42-43.5 cm	16.5-16.9 in	14.6-15.2 in	16.5-17.1 in
12 months	73-75 cm	28-29 in	44-45 cm	39.5-41 cm	45-47 cm	17.3-17.7 in	15.6-16.1 in	17.7-18.5 in
18 months	76-81 cm	30-32 in	46-47 cm	41.5-43 cm	47-49 cm	18.1-18.5 in	16.3-16.9 in	18.5-19.3 in
24 months	82-88 cm	32-35 in	48-49 cm	44-46 cm	49-51.5 cm	18.9-19.3 in	18.9-19.3 in	19.3-20.3 in
2-3 years	89-95 cm	35-37 in	50-51 cm	46-48 cm	51.5-53 cm	19.7-20.1 in	18.1-18.9 in	20.3-20.9 in
3-4 years	96-102 cm	38-40 in	52-54 cm	49-51 cm	54-57 cm	20.5-21.3 in	19.3-20.1 in	21.3-22.4 in
4-5 years	103-112 cm	41-44 in	55-57 cm	51-53 cm	58-61 cm	21.7-22.4 in	20.1-20.9 in	22.8-24 in
5-6 years	113-122 cm	44-48 in	58-60 cm	53-55 cm	62-65 cm	22.8-23.6 in	20.9-21.7 in	24.4-25.2 in
7-8 years	123-130 cm	48-51 in	62-63 cm	55-57 cm	66-69 cm	24.4-24.8 in	21.7-22.4 in	26-27.1 in
8-9 years	131-140 cm	52-55 in	64-67 cm	58-60 cm	70-73 cm	25.2-26.4 in	22.8-23.6 in	27.6-28.7 in
10-11 years	141-148 cm	56-58 in	68-71 cm	61-63 cm	74-81 cm	26.8-28 in	24-24.8 in	29.1-31.9 in
12-13 years	149-159 cm	59-63 in	72-81 cm	64-67 cm	82-89 cm	28.3-31.9 in	25.2-26.4 in	32.3-35 in
14-15 years	160-166 cm	63-65 in	82-86 cm	68-71 cm	90-93 cm	32.3-33.9 in	26.8-28 in	35.4-36.6 in

Boys' swimsuits

Includes swim shorts, boxer shorts, swim briefs and jammers: sizes 6 months to 14-15 years

Swimsuits (Boys)	Height (centimetres)	Height (inches)	Chest circumference (centimetres)	Waist circumference (centimetres)	Hip circumference (centimetres)	Chest circumference (inches)	Waist circumference (inches)	Hip circumference (inches)
6 months	61-69 cm	24-27 in	42-43 cm	37-38.5 cm	42-43.5 cm	16.5-16.9 in	14.6-15.2 in	16.5-17.1 in
12 months	73-75 cm	28-29 in	44-45 cm	39.5-41 cm	45-47 cm	17.3-17.7 in	15.6-16.1 in	17.7-18.5 in
18 months	76-81 cm	30-32 in	46-47 cm	41.5-43 cm	47-49 cm	18.1-18.5 in	16.3-16.9 in	18.5-19.3 in
24 months	82-88 cm	32-35 in	48-49 cm	44-46 cm	49-51.5 cm	18.9-19.3 in	18.9-19.3 in	19.3-20.3 in
2-3 years	89-95 cm	35-37 in	50-51 cm	46-48 cm	51.5-53 cm	19.7-20.1 in	18.1-18.9 in	20.3-20.9
3-4 years	96-102 cm	38-40 in	52-54 cm	49-51 cm	54-57 cm	20.5-21.3 in	19.3-20.1 in	21.3-22.4 in
4-5 years	103-112 cm	41-44 in	55-57 cm	51-53 cm	58-61 cm	21.7-22.4 in	20.1-20.9 in	22.8-24 in
5-6 years	113-122 cm	44-48 in	58-60 cm	53-55 cm	62-65 cm	22.8-23.6 in	20.9-21.7 in	24.4-25.2 in
7-8 years	123-130 cm	48-51 in	62-63 cm	55-57 cm	66-69 cm	24.4-24.8 in	21.7-22.4 in	26-27.1 in
8-9 years	131-140 cm	52-55 in	64-67 cm	58-60 cm	70-73 cm	25.2-26.4 in	22.8-23.6 in	27.6-28.7 in
10-11 years	141-150 cm	56-59 in	68-73 cm	61-64 cm	74-77 cm	26.8-28.7 in	24-25.1 in	29.1-30.3 in
12-13 years	151-160 cm	59-63 in	74-80 cm	65-69 cm	78-84 cm	29.2-31.5 in	25.6-27.2 in	30.7-33.1 in
14-15 years	161-172 cm	63-68 in	81-88 cm	70-74 cm	85-91 cm	31.9-34.6 in	27.6-29.1 in	33.5-35.9 in

Children's wetsuits

Includes snorkelling and surfing wetsuits: sizes 4 years and up

Size (Unisex)	Height (centimetres)	Height (inches)	Chest circumference (centimetres)	Waist circumference (centimetres)	Hip circumference (centimetres)	Waist circumference (inches)	Waist circumference (inches)	Hip circumference (inches)
4 years	98-104 cm	38-41 in	52-54 cm	49-51 cm	54-57 cm	20.5-21.3 in	19.3-20.1 in	21.3-22.4 in
6 years	115-124 cm	45-49 in	58-60 cm	53-55 cm	62-65 cm	22.8-23.6 in	20.9-21.7 in	24.4-25.6 in
8 years	125-132 cm	49-52 in	61-63 cm	55-57 cm	66-69 cm	24-24.8 in	21.7-22.4 in	26-27.2 in
10 years	133-142 cm	52-56 in	64-67 cm	58-60 cm	70-73 cm	25.2-26.4 in	22.8-23.6 in	27.6-28.7 in
12 years - Girls	143-150 cm	56-59 in	68-71 cm	61-63 cm	74-81 cm	26.8-28 in	24-24.8 in	29.1-31.9 in
14 years - Girls	151-160 cm	59-63 in	72-81 cm	64-67 cm	82-89 cm	28.3-31.9 in	25.2-26.4 in	32.3-35 in
12 years - Boys	143-152 cm	56-60 in	68-73 cm	61-64 cm	74-77 cm	26.8-28.7 in	24-25.2 in	29.1-30.3 in
14 years - Boys	153-162 cm	60-64 in	74-80 cm	65-69 cm	78-82 cm	29-31.5 in	25.6-27.2 in	30.8-32.3 in

Bikes

Children's bikes

Height of bike	Age of rider	Height of rider (centimetres)	Height of rider (inches)
14" Bike	3-4.5 years	90-105 cm	35.4-41.3 in
16" Bike	4-6 years	105-120 cm	41.3-47.2 in
20" Bike	6-9 years	120-135 cm	47.2-53.1 in
24" Bike	9-12 years	135-150 cm	53.1-59.1 in

Rockrider mountain bikes

Size of bike	Height (feet)	Height (centimetres)
XS	4'7" - 5'1"	140 - 154 cm
S	5'1" - 5'5"	155 - 164 cm
M	5'5" - 5'9"	165 - 174 cm
L	5'9" - 6'0"	175 - 184 cm
XL	6'1" - 6'7"	185 - 200 cm

Riverside hybrid bikes

Size of bike	Height (feet)	Height (centimetres)
S	4'11" - 5'5"	150 - 165 cm
M	5'5" - 5'11"	166 - 182 cm
L	5'11" - 6'7"	183 - 200 cm

Elops city bikes

Size of bike	Height (feet)	Height (centimetres)
S	4'11" - 5'3"	150 - 160 cm
S - M	5'1" - 5'9"	155 - 175 cm
M	5'3" - 5'7"	160 - 170 cm

Triban endurance bikes

Size of bike	Unisex		Women	
	Height (feet)	Height (centimetres)	Height (feet)	Height (centimetres)
XS	5'1" - 5'5"	155 - 165 cm	4'11" - 5'3"	150 - 162 cm
S	5'5" - 5'8"	165 - 173 cm	5'3" - 5'7"	162 - 170 cm
M	5'8" - 5'11"	173 - 182 cm	5'7" - 5'9"	170 - 177 cm
L	5'11" - 6'3"	182 - 190 cm	5'8" - 6'1"	177 - 185 cm
XL	6'3" - 6'7"	190 - 200 cm	-	-

Van Rysel performance bikes

Size of bike	Unisex	
	Height (feet)	Height (centimetres)
2XS	<5'1"	<155 cm
XS	5'1" - 5'5"	155 - 166 cm
S	5'5" - 5'8"	166 - 173 cm
M	5'8" - 5'11"	173 - 181 cm
L	5'11" - 6'1"	181 - 186 cm
XL	6'1" - 6'5"	186 - 196 cm

Btwin folding bikes

BTWIN folding bikes	TILT 100 20"	TILT 120 20"	TILT 500 20"
Height of rider (centimetres)	145-185 cm	145-185 cm	145-185 cm
Height of rider (in)	4'9"-6'0"	4'9"-6'0"	4'9"-6'0"
Size of bike folded	L78xH66xW38 cm	L78xH66xW36 cm	L78xH66xW38 cm
Size of bike unfolded	L146xH108xW58.5 cm	L144xH112xW58 cm	L146xH108xW58.5 cm

Scooters

Manoeuvrable scooters that are fun and easy to steer! Our team specifically designed these scooters for kids.

Children's scooters

Discover our complete selection of toddler, children, and teenage scooters.

Scooters	Age	Height of rider (centimetres)	Height of rider (feet)
B1	2-4 years	80-115 cm	2'6"-3'8"
Mid 1	Kids	110-150 cm	3'6"-4'11"
Mid 5	Kids	110-150 cm	3'6"-4'11"
SC Mid 7	Teenagers	125-175 cm	4'1"-5'9"
Mid 9	Teenagers	125-175 cm	4'1"-5'9"

Rollerblades and skates

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of the heel to the object.
- Most of our shoes come in European sizes. The guide below shows you the corresponding US size. If you are in between two sizes, choose the larger one.
- An "M" in front of a size indicates US men's size. "W" indicates US women's size. "C" indicates US children's size.

Children's skates

Includes rollerblades, hockey skates, and figure skates

US size	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
8.5C	25	15.5 cm	6.1 in
9C	26	16 cm	6.3 in
10C	27	16.5 cm	6.5 in
10.5C	28	17.5 cm	6.9 in
11.5C	29	18 cm	7.1 in
12.5C	30	18.5 cm	7.3 in
13C	31	19.5 cm	7.7 in
1	32	20 cm	7.9 in
2	33	20.5 cm	8.1 in
2.5	34	21.5 cm	8.5 in
3.5	35	22 cm	8.7 in
4	36	22.5 cm	8.9 in
5	37	23.5 cm	9.3 in
6	38	24 cm	9.4 in

Adult skates

Includes adult rollerblades, hockey skates, and figure skates

US men	US women	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
-	5	35	22 cm	8.7 in
-	5.5	36	22.5 cm	8.9 in
5	6.5	37	23.5 cm	9.3 in
6	7.5	38	24 cm	9.4 in
6.5	8	39	24.5 cm	9.6 in
7.5	9	40	25.5 cm	10 in
8	9.5	41	26 cm	10.2 in
9	10.5	42	26.5 cm	10.4 in
9.5	11	43	27.5 cm	10.8 in
10.5	12	44	28 cm	11 in
11.5	13	45	28.5 cm	11.2 in
12	-	46	29.5 cm	11.6 in
13	-	47	30 cm	11.8 in

Security

Helmets

Includes helmets for rollerblading, skateboarding, skating, and cycling. For all other types of helmets, please use our menu to redirect to the correlating sport (ex: skiing).

Adjustable helmets

Size	Age	Head circumference (centimetres)	Head circumference (inches)
2XS	Baby	44-49 cm	17 3/8-19 3/8 in
XS	Children	47-52 cm	18 1/2-20 1/2 in
S	Children	52-55 cm	20 1/2-21 5/8 in
M	Adults	55-59 cm	21 5/8-23 1/4 in
L	Adults	59-62 cm	23 1/4-24 3/8 in

Non-adjustable helmets

Head circumference (centimetres)	Head circumference (inches)	Size	Size
44 cm	17 3/8 in	2XS	-
45 cm	17 3/4 in	2XS	-
46 cm	18 1/8 in	2XS	-
47 cm	18 1/2 in	2XS	XS
48 cm	18 7/8 in	2XS	XS
49 cm	19 1/4 in	2XS	XS
50 cm	19 3/4 in	-	XS
51 cm	20 1/4 in	-	XS
52 cm	20 1/2 in	S	XS
53 cm	20 7/8 in	S	-
54 cm	21 1/4 in	S	-
55 cm	21 5/8 in	S	M
56 cm	22 in	-	M
57 cm	22 3/8 in	-	M
58 cm	22 3/4 in	-	M
59 cm	23 1/4 in	L	M
60 cm	23 5/8 in	L	-
61 cm	24 in	L	-
62 cm	24 3/8 in	L	-
63 cm	24 3/4 in	L	-

Protective gear

Includes toddlers, children, teenagers, and adults’ helmets and protective gear for elbows, wrists, and knee pads

Children’s protective gear

Includes elbow, wrist, and knee pads for toddlers, children, and teenagers

Size	Age	Weight (kg)	Weight (lbs)	Circumference of elbow	Circumference of wrist	Circumference of knee
2XS	3-7 years	Under 25 kg	Under 55 lbs	15-19 cm	11-13 cm	21-27 cm
XS	6-10 years	25-35 kg	44-77 lbs	17-21 cm	12-14 cm	25-31 cm
S	9-15 years	35-50 kg	77-110 lbs	20-25 cm	13-15 cm	29-34 cm

Adult protective gear

Includes adult elbow, wrist, and knee pads: sizes S to XL

Weight (kg)	Weight (lbs)	Up to 150 cm Up to 4'11"	150-160 cm 4'11"-5'3"	160-170 cm 5'3"-5'7"	170-180 cm 5'7"-5'11"	180-190 cm 5'11"-6'3"	Over 190 cm Over 6'3"
Up to 50 kg	Up to 110 lbs	S	S	S	M	M	M
50-60 kg	110-132 lbs	S	S	S	M	M	L
60-70 kg	132-154 lbs	M	M	M	M	L	L
70-80 kg	154-176 lbs	M	M	M	M	L	L
80-90 kg	176-198 lbs	L	L	L	L	L	XL
90-100 kg	198-220 lbs	XL	XL	XL	XL	XL	XL
Over 100 kg	Over 220 lbs	XL	XL	XL	XL	XL	XL

Water sports

Swim caps

Includes babies, children, and adult swim caps

Age	Size	Head circumference (centimetres)	Head circumference (inches)
Baby	-	41-51 cm	16-20 in
Youth	S	51-56 cm	20-22 in
Adult	L	56-60 cm	22-23 in

Snorkelling masks

Includes Easybreath masks, snorkelling masks and fins for children and adults

Easybreath masks

To find the distance between your eyes and chin:

- If possible, ask someone to help you measure the distance between your eyes and chin.
- Place a rigid ruler against the bottom of your chin and measure the distance between the middle of your pupil to the bottom of your chin.

Size	Age	Distance between eyes and chin (centimetres)	Distance between eyes and chin (inches)
XS	Kids 6-10 years	Under 10 cm	Under 3.9 in
S-M	Teenagers 10+	10-12 cm	3.9-4.7 in
M-L	Adults	12-13 cm	4.7-5.1 in

Snorkelling masks

Snorkelling masks	SNK 500 - Kids	SNK 520 - Junior	SNK 520 - Adults
XS (Under 6 years)	X	-	-
S (6-10 years)	X	X	-
M (10 years +)	-	-	X
L (Adults)	-	-	X

Snorkelling fins

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of the heel to the object.
- Repeat this process for the other foot.
- Most of our shoes come in European sizes. The guide below shows you the corresponding US size. If you are in between two sizes, choose the larger one.
- An "M" before a size indicates US men's size. A "W" indicates US women's size. A "C" indicates US children's size.

Children's fins

Length from heel to toe (centimetres)	Length from heel to toe (inches)	US size	EU size
15.5 cm	6.1 in	8.5C	25
16 cm	6.3 in	9C	26
16.5 cm	6.5 in	10C	27
17.5 cm	6.9 in	10.5C	28
18 cm	7.1 in	11.5C	29
18.5 cm	7.3 in	12.5C	30
19.5 cm	7.7 in	13C	31
20 cm	7.9 in	1	32
20.5 cm	8.1 in	2	33
21.5 cm	8.5 in	2.5	34
22 cm	8.7 in	3.5	35
22.5 cm	8.9 in	4	36
23.5 cm	9.3 in	5	37
24 cm	9.4 in	6	38

Adult fins

US men	US women	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
-	5	35	22 cm	8.7 in
-	5.5	36	22.5 cm	8.9 in
5	6.5	37	23.5 cm	9.3 in
6	7.5	38	24 cm	9.4 in
6.5	8	39	24.5 cm	9.6 in
7.5	9	40	25.5 cm	10 in
8	9.5	41	26 cm	10.2 in
9	10.5	42	26.5 cm	10.4 in
9.5	11	43	27.5 cm	10.8 in
10.5	12	44	28 cm	11 in
11.5	13	45	28.5 cm	11.2 in
12	-	46	29.5 cm	11.6 in
13	-	47	30 cm	11.8 in

Naya life jackets

Size	Weight range (lbs)	Weight range (kg)	Chest circumference (inches)	Chest circumference (centimetres)
Newborn (NB 330)	9-25 lbs	4-11 kg	12-18 in	30-46 cm
Infant (NI 330)	20-30 lbs	9-14 kg	16-22 in	30-46 cm
Junior (NC330)	30-60 lbs	14-27 kg	18-28 in	46-71 cm
Kids (NY 330)	60-90 lbs	27-41 kg	22-34 in	56-86 cm
XS-S	90 lbs and up	41 kg and up	28-36 in	71-91 cm
S-M	90 lbs and up	41 kg and up	32-40 in	81-102 cm
M-L	90 lbs and up	41 kg and up	36-44 in	91-112 cm
L-XL	90 lbs and up	41 kg and up	40-48 in	102-122 cm
XL-2XL	90 lbs and up	41 kg and up	44-52 in	112-132 cm

Team sports

Soccer

Please visit our Advice blog for all information concerning [how to choose your soccer equipment](#).

Shin pads

Calf circumference	F 100 Children	F 140 Children	F 100 Children	F 140 Adult	F 180 Adult	TR X540 Adult
XS (70-73 cm)	X	X	-	-	-	-
S (74-77 cm)	X	X	-	-	X	-
M (78-81 cm)	-	-	X	X	X	X
L (86-89 cm)	-	-	X	X	X	X
XL (94-97 cm)	-	-	X	X	X	X

Children's cleats

US size	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
8.5C	25	15.5 cm	6.1 in
9C	26	16 cm	6.3 in
10C	27	16.5 cm	6.5 in
10.5C	28	17.5 cm	6.9 in
11.5C	29	18 cm	7.1 in
12.5C	30	18.5 cm	7.3 in
13C	31	19.5 cm	7.7 in
1	32	20 cm	7.9 in
2	33	20.5 cm	8.1 in
2.5	34	21.5 cm	8.5 in
3.5	35	22 cm	8.7 in
4	36	22.5 cm	8.9 in
5	37	23.5 cm	9.3 in
6	38	24 cm	9.4 in

Adult cleats

US men	US women	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
-	5	35	22 cm	8.7 in
-	5.5	36	22.5 cm	8.9 in
5	6.5	37	23.5 cm	9.3 in
6	7.5	38	24 cm	9.4 in
6.5	8	39	24.5 cm	9.6 in
7.5	9	40	25.5 cm	10 in
8	9.5	41	26 cm	10.2 in
9	10.5	42	26.5 cm	10.4 in
9.5	11	43	27.5 cm	10.8 in
10.5	12	44	28 cm	11 in
11.5	13	45	28.5 cm	11.2 in
12	-	46	29.5 cm	11.6 in
13	-	47	30 cm	11.8 in

Goalkeeper gloves

Circumference of hand (centimetres)	First Kids	F 500 Shielder Kids	F 500 Adults	F 900 Negatif Adults
2 (11.9-12.8 cm)	X	-	-	-
3 (12.9-13.8 cm)	X	-	-	-
4 (13.9-14.8 cm)	X	X	-	-
5 (14.9-15.8 cm)	X	X	-	-
6 (15.9-16.8 cm)	X	X	-	-
7 (16.9-17.8 cm)	X	X	-	-
8 (17.9-18.8 cm)	-	-	X	-
9 (18.9-19.8 cm)	-	-	X	X
10 (19.9-20.8 cm)	-	-	X	-
11 (20.9-21.8 cm)	-	-	X	-

Baseball and softball

Includes gloves, bats, and helmets for baseball or softball

Baseball gloves

Level	Age	Position	Glove size
T-Ball	3-6 years	All positions	8.5"-10"
Youth	7-12 years	1st base	11.5"-12"
Youth	7-12 years	Infield	10.25"-11.5"
Youth	7-12 years	Outfield	11.5"-12.25"
Youth	12-14 years	Catcher	29.5"-32.5"
Adult	12 years +	1st base	12"-13"
Adult	12 years +	Infield	11.25"-12"
Adult	12 years +	Outfield	12"-14"
Adult	12 years +	Catcher	33"-35"

Softball gloves

Level	Type	Position	Glove size
Youth	Fastpitch	Infield	10.5"-11"
Youth	Fastpitch	Outfield	11"-11.5"
Youth	Fastpitch	Catcher	29.5"-35.5"
Adult	Fastpitch	Infield	11.5"-12"
Adult	Fastpitch	Outfield/1st base	12"-13"
Youth	Slowpitch	Catcher	29 1/2"-32 1/2"
Adult	Slowpitch	Infield	12"-13"
Adult	Slowpitch	Outfield	12.5"-14"

Baseball bats

The best baseball bat length depends on your comfort while swinging. If you are new to the game or want to resize, follow the steps below to measure yourself:

- With your arm straight out to your side, place one end of the bat in the centre of your chest. The other end of the bat should reach the tip of your outstretched index finger.
- Stand the bat upright on the ground and by your side. If your palm reaches the knob of the bat (the handle), the bat is the right size.

Length of bat (inches)	Length of bat (centimetres)	Storm alloy	Raptor alloy	Impact alloy USABB	Adirondack wood 30"	BA 150	BA 150 Aluminum	BA 180	BA 550 Aluminum	BA 550
25"	63.5 cm	X	-	-	-	-	-	-	-	-
26"	66 cm	-	X	-	-	-	-	-	-	-
28"	71.1 cm	-	-	-	-	X	-	-	-	-
29"	73.7 cm	-	-	-	-	-	X	-	-	-
30"	76.2 cm	-	-	X	X	X	-	X	-	-
32"	81.2 cm	-	-	-	-	-	X	-	X	-
33"	83.8 cm	-	-	-	-	-	-	X	-	X
34"	81.2 cm	-	-	-	-	-	-	-	X	-
Material	-	Alloy	Alloy	Alloy	Adirondack wood	Aluminum	Aluminum	Wood	Aluminum	Alloy
Level	-	Youth	Youth	Youth	Youth	Beginner	Beginner	Beginner	Intermediate-Advanced	Intermediate-Advanced

Baseball helmets

Baseball helmets	Helmet size (inches)	Helmet size (centimetres)	Head circumference (inches)	Head circumference (centimetres)
Youth	6 1/4"-6 7/8"	15.9-17.5 cm	19 3/4"-21 5/8"	50.2-54.9 cm
Adults	6 1/2"-7 1/2"	16.5-19.1 cm	20 1/2"-23 1/2"	52.1-59.7 cm

Racquet sports

Tennis

Please visit our Advice blog for all information concerning [how to choose a tennis racquet](#)

Kids' tennis racquets

Tennis racquets	Weight	Head size	Balance point	Height of player (centimetres)	Height of player (inches)
JR 17" TR100	160 g	451 cm ²	20 cm	89-99 cm	35-38.9 in
JR 17" TR130	160 g	451 cm ²	20 cm	89-99 cm	35-38.9 in
JR 19" TR130	162 g	535 cm ²	23 cm	100-107 cm	39-42 in
JR 21" TR100	177 g	625 cm ²	24 cm	108-115 cm	42.5-45.3 in
JR 21" TR130	177 g	535 cm ²	25 cm	108-115 cm	42.5-45.3 in
JR 23" TR100	191 g	625 cm ²	27 cm	116-125 cm	45.6-49 in
JR 23" TR130	200 g	613 cm ²	27 cm	116-125 cm	45.6-49 in
JR 23" TR530	210 g	616 cm ²	28 cm	116-125 cm	45.6-49 in
JR 25" TR130	220 g	613 cm ²	30 cm	126-140 cm	49.6-55 in
JR 25" TR530	225 g	616 cm ²	30 cm	126-140 cm	49.6-55 in
JR 25" TR900	230 g	645 cm ²	33 cm	126-140 cm	49.6-55 in
JR 25" TR990	230 g	645 cm ²	33 cm	126-140 cm	49.6-55 in
JR 26" TR900	245 g	645 cm ²	33 cm	141-150 cm	55.5-59 in
JR 26" TR990	245 g	645 cm ²	33 cm	141-150 cm	55.5-59 in

Adult tennis racquets

Tennis racquets	Grip 0 (4")	Grip 1 (4 1/8")	Grip 2 (4 1/4")	Grip 3 (4 3/8")	Grip 4 (4 1/2")	Level	Weight	Head size	Material	String bed	Balance point	Rigidity
TR100	-	-	X	-	-	Beginner	265 g	697 cm ²	Aluminum	16/19	32.5 cm	58 RA
TR110 Petrol	-	-	X	-	-	Beginner	270 g	690 cm ²	Aluminum	16/19	-	58 RA
TR160	-	X	X	X	-	Beginner	270 g	660 cm ²	Graphite	16/19	33 cm	68 RA
TR160 Lite	X	X	X	X	-	Beginner	270 g	660 cm ²	Graphite	16/19	34 cm	68 RA
TR160 Graph	X	X	X	-	-	Beginner	270 g	660 cm ²	Graphite	16/19	33 cm	68 RA
TR190 Lite V2	X	X	X	-	-	Beginner	260 g	660 cm ²	-	16/19	34 cm	-
TR500 Blue	-	X	X	X	X	Intermediate	280 g	660 cm ²	Graphite/ Balsa wood	16/19	32 cm	-
TR500 OS	-	X	X	X	X	Intermediate	275 g	690 cm ²	HMC*	16/19	34.5 cm	70 RA
TR500 Lite	X	X	X	-	-	Intermediate	265 g	660 cm ²	Graphite/ Balsa wood	16/19	32 cm	65 RA
TR560 Lite	-	X	-	-	-	Intermediate	270 g	645 cm ²	Graphite/ Balsa wood	16/19	34 cm	70 RA
TR930 Spin	-	X	X	X	X	Advanced	285 g	645 cm ²	HMC*	16/19	32 cm	69 RA
TR930 Spin Lite	X	X	X	-	-	Advanced	270 g	645 cm ²	HMC*	16/19	32.5 cm	68 RA
TR960 Precision	-	-	X	X	X	Advanced	300 g	645 cm ²	Graphite/ Balsa wood	16/19	31.5 cm	68 RA
TR990 Pro	-	X	X	X	X	Advanced	300 g	625 cm ²	HMC*	16/19	32 cm	70 RA

HMC* - High modulus carbon fibre graphite

Badminton

Adult badminton racquets

Badminton racquets	Weight	Length	Balance	Material	Level
BR 100	105 g	665 mm	313 mm	Aluminum	Beginner
BR 160	105 g	665 mm	268 mm	Aluminum/Steel	Beginner
BR 190	85 g	660 mm	310 mm	Aluminum/Graphite	Beginner
BR 500	90 g	-	290 mm	Graphite	Intermediate
BR 530	87 g	675 mm	295 mm	Graphite	Intermediate
BR 560 Lite	78 g	675 mm	292 mm	HMC*	Intermediate
BR 590	85 g	675 mm	295 mm	Graphite	Intermediate
BR 900 Ultra Lite	76 g	-	-	HMC*	Advanced
BR 930 P	84 g	-	-	HMC*	Advanced
BR 930 C Lite	83 g	-	295 mm	HMC*	Advanced
BR 990 P	87 g	-	-	HMC*	Advanced
BR 990 C Lite	89 g	-	297 mm	HMC*	Advanced

HMC* is high modulus carbon fibre made in Japan

Squash

Junior squash racquets

Squash racquets	SR 130 21"	SR 130 23"	SR 560 25"
Weight (unstrung)	-	-	155 g
Head size	467 cm ²	467 cm ²	467 cm ²
Material	Aluminum	Aluminum	Aluminum & Graphite
Balance	-	-	330 mm
Age	4-6 years	6-8 years	8-12 years

Adult squash racquets

Squash racquets	SR 100	SR 160 2019	SR 560 Squash	SR 560 OP	SR 590 Control	SR 590 Power	SR 960 Power	SR 990 Power
Weight (unstrung)	165 g	175 g	165 g	145 g	135 g	135 g	125 g	115 g
Head size	467 cm ²	500 cm ²	499 cm ²	499 cm ²	499 cm ²	499 cm ²	499 cm ²	470 cm ²
Material	Aluminum	Aluminum and graphite	HMC*	Graphite	HMC*	HMC*	HMC*	HMC*
Balance	325 mm	350 mm	340 mm	340 mm	350 mm	350 mm	355 mm	355 mm
Level	Beginner	Beginner	Intermediate	Intermediate	Intermediate	Intermediate	Advanced	Advanced

HMC* is high modulus carbon fibre made in Japan

Outdoor

Horseback riding

Includes horseback riding helmets, half-chaps, bridles, halters, or sheets.

Helmets

Head circumference	100	120	140	500	520	900
XS (48-52 cm)	X	X	-	-	-	-
S (52-55 cm)	X	X	53-54	X	53-54	54
M (55-58 cm)	X	X	55-56-57-58	X	55-56-57-58	55-56-57-58
L (58-61 cm)	X	-	59	-	59	59
Adjustable	X	X	-	X	-	-

Half-chaps

How to find the right size for your half-chaps:

- For greater precision, we recommend measuring while seated and while wearing your horseback riding pants and socks.
- Calf circumference: Measure the widest part of your calf using a measuring tape.
- Calf height: Measure from the top of your foot to your knee bone.

Children's half-chaps

Calf circumference	Centimetres	24-26 cm	26-28 cm	28-30 cm	30-32 cm	32-33 cm	33-34 cm
Calf circumference	Inches	9.4-10.2 in	10.2-11 in	11-11.8 in	11.8-12.6 in	12.6-13 in	13-13.4 in
Calf height centimetres	Calf height inches	-	-	-	-	-	-
21-25cm	8.3-9.8 in	6 years H 25 cm	6 years H 25 cm	-	-	-	-
25-27cm	9.8-10.6 in	-	8 years H 28 cm	8 years H 28 cm	-	-	-
27-29 cm	10.6-11.4 in	-	8 years H 28 cm	10 years H 32 cm	10 years H 32 cm	-	-
29-31 cm	11.4-12.2 in	-	-	10 years H 32 cm	12 years H 35 cm	12 years H 35 cm	-
31-33 cm	12.2-13 in	-	-	-	12 years H 35 cm	12 years H 35 cm	-
33-37 cm	13-14.6 in	-	-	-	14 years H 38 cm	14 years H 38 cm	14 years H 38 cm

Adult half-chaps

Calf circumference	Centimetres	33-36 cm	36-39 cm	39-42 cm	42-46 cm
Calf circumference	Inches	13-14.2 in	14.2-15.4 in	15.4-16.5 in	16.5 18.1 in
Calf height centimetres	Calf height inches	-	-	-	-
29-30 cm	11.4-11.8 in	S SHORT	-	-	-
30-31 cm	11.8-12.2 in	S SHORT	M SHORT	-	-
31-32 cm	12.2-12.6 in	S SHORT	M SHORT	L SHORT	-
33-39 cm	13-13.4 in	S SHORT	M SHORT	L SHORT	XL SHORT
34-35 cm	13.4-13.8 in	S LONG	M SHORT	L SHORT	XL SHORT
35-36 cm	13.8-14.2 in	S LONG	M LONG	L SHORT	XL SHORT
36-37 cm	14.2-14.6 in	S LONG	M LONG	L LONG	XL SHORT
37-38 cm	14.6-15 in	S LONG	M LONG	L LONG	XL LONG
38-39 cm	15-15.4 in	S LONG	M LONG	L LONG	XL LONG
39-40 cm	15.4-15.7 in	-	M LONG	L LONG	XL LONG
40-41 cm	15.7-16.1 in	-	-	L LONG	XL LONG
41-42 cm	16.1-16.5 in	-	-	-	XL LONG

Halters

Winner, Sheepskin, 500, and Escape

Height of horse	Winner	Sheepskin	500	Escape
Small horse (145-160 cm)	CS	CS	CS	-
Full-size horse (Under 160 cm)	FS	FS	FS	FS

Schooling, Strass, and Performer

Height of horse	Schooling	Strass	Performer
Under 130 cm	Size 1	-	-
130-150 cm	Size 2	Size 2	Size 2
150-170 cm	Size 3	Size 3	Size 3

Bridles

Schooling, 100, Edinburgh, 580 Strass, 580 Topstitched, and Escape

Height of horse	Schooling	100	Edinburgh	580 Strass	580 Topstitched	Escape
Pony Shetland & Pony B (Under 120 cm)	SHT	SHT	-	-	-	-
Pony B & C (120-140 cm)	PS	PS	-	-	-	-
Small horse (145-160 cm)	CS	-	CS	CS	CS	-
Full-size horse (160 cm and up)	FS	-	FS	FS	FS	FS

Covers and sheets

Type of horse	Size of cover (centimetres)
Large pony/small horse (14 hands 3 - 15 hands 2)	115 cm
Small horse (15 hands - 15 hands 2)	125 cm
Small Warmblood Horse/Quarter horse (15 hands 2 - 16 hands)	135 cm
Warmblood (16 hands 1 and more)	145 cm
Warmblood (17 hands and more)	155 cm
Warmblood (17 hands and more)	165 cm

Climbing

For more information in regards to climbing equipment, please consult our Advice blog:

- [How to choose your climbing or mountaineering rope?](#)
- [How to choose a belay system?](#)

Harnesses

Harness	Age	Waist circumference (centimetres)	Waist circumference (inches)	Thigh circumference (centimetres)	Thigh circumference (inches)
Kids	4-9 years	52-76 cm	20.5-29.9 in	25-45 cm	9.8-17.7 in
S-M	Adults	65-90 cm	25.6-35.4 in	32-60 cm	12.6-23.6 in
L-XL	Adults	82-110 cm	32.3-43.3 in	35 - 70 cm	13.8-27.6 in

Climbing helmets

Size	Head circumference (centimetres)	Head circumference (inches)
S-M	50-57 cm	19.6-22.4 in
M-L	54-64 cm	21.2-25.2 in

Fishing waders

US size	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)	Height of individual S	Height of individual M	Height of individual L	Height of individual XL
6-6.5	38-39	24-24.5 cm	9.4-9.6 in	Men 6-6.5/S	-	-	-
7.5-8	40-41	25.5-26 cm	10-10.2 in	-	Men 7.5-8/M	-	-
9-9.5	42-43	26.5-27.5 cm	10.4-10.8 in	-	Men 9-9.5/M	Men 9-9.5/L	-
10.5-11.5	44-45	28-28.5 cm	11-11.2 in	-	-	Men 10-11.5/L	Men 10-11.5/XL
12-13	46-47	29.5-30 cm	11.6-11.8 in	-	-	-	Men 12-13/XL

Cardio, combat sports and fitness

Boxing

Children's boxing gloves

Glove size	Boxer's weight (lbs)	Boxer's weight (kg)
4 oz	Under 44 lbs	Under 20 kg
6 oz	44 - 55 lbs	20-25 kg
8 oz	55 - 99 lbs	25-45 kg

Women's boxing gloves

Glove size	Weight of boxer (lbs)	Weight of boxer (kg)
4 oz	Under 44 lbs	Under 20 kg
6 oz	44-77 lbs	20-35 kg
8 oz	77-99 lbs	35-45 kg
10 oz	99-121 lbs	45-55 kg
12 oz	121-143 lbs	55-65 kg
14 oz	143-165 lbs	65-75 kg
16 oz	Over 165 lbs	Over 75 kg

Men's boxing gloves

Glove size	Weight of boxer (lbs)	Weight of boxer (kg)
4 oz	Under 44 lbs	Under 20 kg
6 oz	44-77 lbs	20-35 kg
8 oz	77-121 lbs	35-55 kg
10 oz	121-143 lbs	55-65 kg
12 oz	143-176 lbs	65-80 kg
14 oz	176-209 lbs	80-95 kg
16 oz	Over 209 lbs	Over 95 kg

All our boxing gloves

Size	Kids' 100	Kids' training 120	Beginner 100	120	Ergo 500	Kickboxing 500	Muay Thai 500	Sparring 900
4 oz	X	-	X	-	-	-	-	-
6 oz	X	X	X	-	-	-	-	-
8 oz	-	-	X	X	X	X	-	-
10 oz	-	-	X	X	X	X	X	X
12 oz	-	-	X	X	X	X	X	X
14 oz	-	-	X	X	X	X	X	X
16 oz	-	-	-	-	X	X	X	X
Type of glove	Training	Training	Training	Training	Training	Kickboxing	Muay Thai	Training
Use	Boxing	Boxing, full contact kickboxing, Muay Thai	Boxing techniques	Boxing, full contact kickboxing, Muay Thai	Sparring, boxing techniques	Blocking kicks	Grabs and blocks	Sparring
Level	Youth	Youth	Beginner	Beginner	Intermediate	Intermediate	Advanced	Advanced

Wraps

Length	Type of sparring
2.5 m	Touch sparring
4 m	Full force sparring

Combat gloves

Find your size with a measuring tape:

- Measure the circumference of your palm around the knuckle line of your dominant hand. Do not include the thumb while measuring.

Glove size	Circumference of palm (centimetres)	Circumference of palm (inches)
XS-S	17.5-19.5 cm	6.9-7.7 in
M-L	19.6-21.6 cm	7.7-8.5 in
XL-2XL	21.7-23.7 cm	8.5-9.3 in

Cardio boxing gloves

Find your size with a measuring tape:

- Measure the circumference of your palm around the knuckle line of your dominant hand. Do not include the thumb while measuring.

Numeric sizes	Age	Size	Circumference of palm (centimetres)	Circumference of palm (inches)
2	4 years	-	13.9-14.8 cm	5.4-5.8 in
3	6 years	-	14. -15.8 cm	5.9-6.2 in
4	8 years	-	15.9-16.8 cm	6.3-6.6 in
5	10 years	3XS	16.9-17.7 cm	6.7-7 in
6	12 years	2XS	17.8-18.5 cm	7-7.3 in
7	14 years	XS	18.6-19.3 cm	7.3-7.6 in
7.5	-	S	19.4-20.1 cm	7.7-7.9 in
8	-	M	20.2-20.9 cm	8-8.2 in
8.5	-	L	21-21.7 cm	8.3-8.5 in
9	-	XL	21.8-22.5 cm	8.6-8.9 in
9.5	-	2XL	22.6-23.3 cm	8.9-9.1 in
10	-	3XL	23.4-24.1 cm	9.2-9.5 in
10.5	-	4XL	24.2-24.9 cm	9.5-9.8 in

GI

We recommend choosing a gi that is 5-10 cm (2-4 inches) larger than your child. For example, if your child measures 133 cm (4' 4") tall, choose a gi that is 140 cm.

Size of gi (centimetres)	Size of gi (inches)	Height of person (centimetres)	Height of person (feet)
100 cm	39.4 in	100 cm	3' 3"
110 cm	43.3 in	110 cm	3' 7"
120 cm	47.2 in	120 cm	3' 11"
130 cm	51.2 in	130 cm	4' 3"
140 cm	55.1 in	140 cm	4' 7"
150 cm	59 in	150 cm	4' 11"
160 cm	63 in	160 cm	5' 3"
170 cm	66.9 in	170 cm	5' 7"
180 cm	70.9 in	180 cm	5' 11"
190 cm	74.8 in	190 cm	6' 3"
200 cm	78.7 in	200 cm	6' 7"

Winter sports

Downhill skiing

Includes boots, helmets, skis, and poles.

Ski boots

Mondopoint is calculated by measuring the length of your foot from your heel to the tip of your longest toe.

Children's sizes	Women's sizes	Men's sizes	Mondopoint (centimetres)	Mondopoint (inches)
9C-10C	-	-	16-16.5 cm	6.3-6.5 in
10.5C-11C	-	-	17-17.5 cm	6.7-6.9 in
11.5C-12.5C	-	-	18-18.5 cm	7.1-7.3 in
12.5C-13C	-	-	19-19.5 cm	7.5-7.7 in
1-2	-	-	20-20.5 cm	7.9-8.1 in
2-3	-	-	21-21.5 cm	8.3-8.5 in
3.5-4	-	-	22-22.5 cm	8.7-8.9 in
4.5-5.5	6-7	-	23-23.5 cm	9.1-9.3 in
6-6.5	7.5-8	6-6.5	24-24.5 cm	9.5-9.7 in
-	8.5-9	7-7.5	25-25.5 cm	9.8-10 in
-	9.5-10.5	8-9	26-26.5 cm	10.2-10.4 in
-	11-11.5	9.5-10	27-27.5 cm	10.6-10.8 in
-	12-13	10.5-11.5	28-28.5 cm	11-11.2 in
-	-	11.5-12.5	29-29.5 cm	11.4-11.6 in
-	-	13-13.5	30-30.5 cm	11.8-12 in
-	-	14-15	31-31.5 cm	12.2-12.4 in

Ski helmets

Size	Age	Head circumference (centimetres)	Head circumference (inches)
2XS	Babies	44 - 49 cm	17 3/8 - 19 3/8 in
XS	Children	47 - 52 cm	18 1/2 - 20 1/2 in
S	Children	52 - 55 cm	20 1/2 - 21 5/8 in
M	Adults	55 - 59 cm	21 5/8 - 23 1/4 in
L	Adults	59 - 62 cm	23 1/4 - 24 3/8 in

Junior skis

If you are in between two sizes:

- Choose a shorter size if the child is at a novice level, is a cautious skier, likes to make quick short turns, or is still developing their ability to turn.
- Choose a longer size if the child's ability is advanced and/or the child likes to ski fast. Please note that we do not recommend going any longer than your child's suggested size range.

Height of skis	Height of skier (feet)	Height of skier (centimeters)	Boost 500 Blue	Boost 500 Red	Boost 500 Purple
97 cm	2'6"	77 cm	X	-	-
107 cm	2'10"	87 cm	X	-	-
117 cm	4'4"	132 cm	X	-	-
130 cm	4'6"	137 cm	-	X	X
140 cm	4'8"	142 cm	-	X	X
150 cm	5'	152 cm	-	X	X

Women's skis

Height of skis	Height of skier (feet)	Height of skier (centimetres)	Cross 150+ Women	Ski Boost 500 Women	Boost 580 Women	Cross 550+ Women
149 cm	Under 5'	Under 150 cm	-	X	X	-
150 cm	5'0"-5'4"	150-163 cm	X	-	-	-
152 cm	5'2"-5'4"	158-163 cm	-	-	-	X
156 cm	5'2"-5'6"	158-168 cm	-	X	X	-
160 cm	5'2"-5'8"	158-173 cm	-	-	-	X
163 cm	5'2"-5'8"	158-173 cm	-	X	X	-
168 cm	5'4"-5'10"	163-178 cm	-	-	-	X
Level	-	-	Beginner	Intermediate	Intermediate	Intermediate

Men's skis

Height of skis	Height of skier (feet)	Height of skier (centimetres)	Cross 150+ Men	Ski Boost 500 Men	Boost 580 Men	Boost 550+ Men	Boost 900 Men	XLD 500 RT Men
150 cm	5'0" - 5'4"	150 - 163 cm	X	-	-	-	-	-
160 cm	5'2" - 5'8"	158 - 173 cm	-	-	-	-	-	X
163 cm	5'2" - 5'8"	158 - 173 cm	-	X	X	-	X	-
166 cm	5'4" - 5'10"	163 - 178 cm	-	-	-	-	-	X
168 cm	5'4" - 5'10"	163 - 178 cm	-	-	-	X	-	-
170 cm	5'4" - 6'0"	163 - 183 cm	-	X	X	-	X	-
174 cm	5'6" - 6'0"	163 - 183 cm	-	-	-	-	-	X
177 cm	5'8" - 6'0"	173 - 183 cm	-	-	X	X	X	-
184 cm	5'10" - 6'4"	178 - 193 cm	-	-	-	X	-	-
Level	-	-	Beginner	Intermediate	Intermediate	Intermediate	Advanced	Intermediate

Ski poles

How to choose your ski poles:

- Turn the pole upside down and place your hand under the basket. Bend your elbow 90 degrees, the handle of the pole should more or less reach the ground (+ or - 5 cm).

Height of ski poles	Push Pin Kids	VARIO 500 Kids	BOOST 100 Adults	BOOST 500 Adults	BOOST 900 Adults	FR 900 Adults	TOURING Adults
Adjustable	70-100 cm	70-100 cm	-	-	-	105-130 cm	110-145 cm
105 cm	-	-	X	X	-	-	-
110 cm	-	-	X	X	-	-	-
115 cm	-	-	X	X	X	-	-
120 cm	-	-	X	X	X	-	-
125 cm	-	-	X	-	X	-	-
130 cm	-	-	X	-	X	-	-

Snowboarding

Includes boots, snowboards, and helmets.

Snowboarding helmets

Size	Age	Head circumference (centimetres)	Head circumference (inches)
2TP	Babies	44 - 49 cm	17 3/8 - 19 3/8 in
TP	Children	47 - 52 cm	18 1/2 - 20 1/2 in
P	Children	52 - 55 cm	20 1/2 - 21 5/8 in
M	Adults	55 - 59 cm	21 5/8 - 23 1/4 in
G	Adults	59 - 62 cm	23 1/4 - 24 3/8 in

Snowboard boots

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of your heel to the object.
- Repeat for the other foot.
- Most of our boots come in European sizes. The guide below shows you the corresponding US sizes. If you are in between two sizes, choose the larger size.
- An "M" in front of a size indicates US men's size. A "W" indicates US women's size. A "C" indicates US children's size.

Children's boots

US size	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
12.5C	30	18.5 cm	7.3 in
13C	31	19.5 cm	7.7 in
1	32	20 cm	7.9 in
2	33	20.5 cm	8.1 in
2.5	34	21.5 cm	8.5 in
3.5	35	22 cm	8.7 in
4	36	22.5 cm	8.9 in
5	37	23.5 cm	9.3 in
6	38	24 cm	9.4 in

Adult's boots

US men	US women	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
-	5	35	22 cm	8.7 in
-	5.5	36	22.5 cm	8.9 in
5	6.5	37	23.5 cm	9.3 in
6	7.5	38	24 cm	9.4 in
6.5	8	39	24.5 cm	9.6 in
7.5	9	40	25.5 cm	10 in
8	9.5	41	26 cm	10.2 in
9	10.5	42	26.5 cm	10.4 in
9.5	11	43	27.5 cm	10.8 in
10.5	12	44	28 cm	11 in
11.5	13	45	28.5 cm	11.2 in
12	-	46	29.5 cm	11.6 in
13	-	47	30 cm	11.8 in

Junior snowboards

Criteria	Endzone 105	Endzone 120	Endzone 135
Board length	105 cm	120 cm	135 cm
Height of snowboarder (centimetres)	115-129 cm	130-144 cm	130-144 cm
Height of snowboarder (inches)	45.3-50.8 in	51.2-56.7 in	51.2-56.7 in
Symmetric	Twin tip	Twin tip	Twin tip

Adult snowboards

Board length	Height of snowboarder (centimetres)	Height of snowboarder (inches)	Weight of snowboarder	Serenity Women	Bullwhip 300 Men	Endzone 500 Men	Endzone 500 Women
142 cm	157-165 cm	61.8-65 in	30-60 kg / 66-132 lbs	X	-	-	X
146 cm	161-170 cm	63.4-66.9 in	40-70 kg / 88-154 lbs	X	-	-	X
151 cm	166-173 cm	65.3-68.1 in	30-60 kg / 66-132 lbs	-	X	X	X
155 cm	171-177 cm	67.3-69.7 in	40-70 kg / 88-154 lbs	-	X	X	-

Snowboard conditions

Please visit our advice blog for all information concerning [how to choose a snowboard](#).

Criteria	Serenity Women	Bullwhip 300 Men	Endzone 500 Men	Endzone 500 Women
Versatility	70% groomed slopes, 30% off-piste, 0% park	70% groomed slopes, 30% off-piste, 0% park	30% piste, 10% off-piste, 60% park	30% piste, 10% off-piste, 60% park
Matériel	20 mm poplar wood core	20 mm poplar wood core	20 mm poplar wood core	20 mm poplar wood core
Flex	6/10 medium flex	6/10 medium flex	5/10 slight flex	5/10 slight flex
Level	Beginner	Beginner	All	All

Cross-country skiing

Includes boots, skis, and poles.

Cross-country ski boots

Find your size with a measuring tape:

- Stand against a wall (with your heels touching the wall).
- Place an object (e.g., a book) against your longest toe. Measure your foot from the back of your heel to the object.
- Repeat for the other foot.
- Most of our boots come in European sizes. The guide below shows you the corresponding US sizes. If you are in between two sizes, choose the larger size.
- An "M" in front of a size indicates US men's size. A "W" indicates US women's size. A "C" indicates US children's size.

Children's boots

US size	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
10.5C	28	17.5 cm	6.9 in
11.5C	29	18 cm	7.1 in
12.5C	30	18.5 cm	7.3 in
13C	31	19.5 cm	7.7 in
1	32	20 cm	7.9 in
2	33	20.5 cm	8.1 in
2.5	34	21.5 cm	8.5 in
3.5	35	22 cm	8.7 in
4	36	22.5 cm	8.9 in
5	37	23.5 cm	9.3 in
6	38	24 cm	9.4 in

Adult boots

US men	US women	EU size	Length from heel to toe (centimetres)	Length from heel to toe (inches)
-	5	35	22 cm	8.7 in
-	5.5	36	22.5 cm	8.9 in
5	6.5	37	23.5 cm	9.3 in
6	7.5	38	24 cm	9.4 in
6.5	8	39	24.5 cm	9.6 in
7.5	9	40	25.5 cm	10 in
8	9.5	41	26 cm	10.2 in
9	10.5	42	26.5 cm	10.4 in
9.5	11	43	27.5 cm	10.8 in
10.5	12	44	28 cm	11 in
11.5	13	45	28.5 cm	11.2 in
12	-	46	29.5 cm	11.6 in
13	-	47	30 cm	11.8 in

Cross-country skis

If you're in between two sizes:

- Choose the smaller size for increased manoeuvrability and comfort.
- Choose the larger size for more frequent use.

Cross-country ski poles

How to choose the right ski poles:

- For skate skiing: the poles are longer to maximize push-off. SKATING cross-country ski poles should reach the skier's chin. You can also use this formula to choose the right pole: (your height in cm) x 0.89.
- For classic cross-country skiing: the poles are shorter. CLASSIC cross-country ski poles should reach the skier's armpit. You can also use this formula to choose the right pole: (your height in cm) x 0.83.

INOVIK poles	100-Kids	120 Adults	530 Adults	550 Adults
90 cm	X	-	-	-
95 cm	X	-	-	-
100 cm	X	-	-	-
105 cm	X	-	-	-
110 cm	X	-	-	-
115 cm	X	-	-	-
120 cm	X	-	-	-
125 cm	X	-	-	-
130 cm	-	X	X	X
135 cm	-	-	X	X
140 cm	-	X	X	X
145 cm	-	-	X	X
150 cm	-	X	X	X
155 cm	-	-	X	X
160 cm	-	X	X	X
165 cm	-	-	X	X
170 cm	-	-	X	X
Pole material	Fibre glass	Aluminum	30 % carbon 70 % fibre glass	50 % carbon 50 % fibre glass

Snow hiking

Includes hiking poles and snowshoes.

Snowshoes

Snowshoes	Weight of snowshoer (kg)	Weight of snowshoer (lbs)	Women's size	Men's size
Junior	15-30 kg	33-66 lbs	Kids' 10C-4	Kids' 10C-4
S	30-80 kg	66-176 lbs	5-12	3.5-10.5
M	40-90 kg	88-198 lbs	5.5-14	4-12
L	50-120 kg	110-265 lbs	7.5-14	6-12

Hiking poles

When choosing your hiking pole length:

- Make sure the hiking pole is touching the ground.
- While holding the pole's handle, bend your elbow 90 degrees.
- When hiking uphill, you'll want to shorten each pole by about 5-10 cm to allow for more leverage as you climb.
- When hiking downhill, you'll want to lengthen each pole by about 5-10 cm.

Hiking poles	Pole height (centimetres)	Height of hiker (centimetres)	Pole height (inches)	Height of hiker (feet)
MH 500 Kids	75-100 cm	100-145 cm	29.5-39 in	3'3"-4'9"
A 100	105/110/115/120 cm	153-180 cm	41/43/45/47 in	5'0"-5'11"
A 200	110/115/120/125/130cm	159-187 + cm	43/45/47/49/51 in	5'2"-6'2" +
A 300	90/95/100/105/110 cm	132-159 cm	35/37/39/41/43 in	4'4"-5'3"
F 500	105-130 cm	153-187 + cm	41-51 in	5'0"-6'2" +
MH 500 Quick	105-130 cm	153-187 + cm	41-51 in	5'0"-6'2" +
MT 500 Ultracompact	110-130 cm	159-187 + cm	43-51 in	5'2"-6'2" +
SH 500 All season	77-135 cm	100-187 + cm	30-53 in	3'3"-6'2" +