



Men	Size in cm	Size in inches	Weight in kg	Weight in Pound	Wetsuit Size
Extra Small	160 - 175	5'2" - 5'8"	60 - 68 kg	132 lbs - 150 lbs	XS
Extra Small Long	175 - 185	5'8" - 6'1"	60 - 68 kg	132 lbs - 150 lbs	XSL
Small	165 - 178	5'4" - 5'9"	68 - 78 kg	150 lbs - 172 lbs	S
Small Long	179 - 188	5'9" - 6'2"	68 - 78 kg	150 lbs - 172 lbs	SL
Medium	175 - 185	5'7" - 6'1"	78 - 85 kg	172 lbs - 188 lbs	M
Medium Long	180 - 190	5'9" - 6'2"	80 - 85 kg	176 lbs - 188 lbs	ML
Medium Large	180 - 190	5'9" - 6'2"	85 - 95 kg	188 lbs - 209 lbs	ML+
Large	185 - 195	6'1" - 6'4"	87 - 97 kg	192 lbs - 214 lbs	L
Extra Large	185 - 205	6'1" - 6'7"	95 + kg	210 lbs +	XL

Women	Size in cm	Size in inches	Size in cm	Weight in Pound	Wetsuit Size
Extra Small	142 - 156	4'6" - 5'1"	43 - 50 kg	94 lbs - 110 lbs	W-XS
Small	145 - 162	4'8" - 5'3"	48 - 54 kg	106 lbs - 120 lbs	W-S
Small/Medium	152 - 170	5'0" - 5'6"	52 - 61 kg	115 lbs - 135 lbs	W-S/M
Medium	162 - 178	5'3" - 5'9"	57 - 66 kg	125 lbs - 146 lbs	W-M
Large	165 - 180	5'4" - 6'2"	61 - 70 kg	135 lbs - 155 lbs	W-L