

MEN'S SIZE CHARTS

MEN'S PFDS

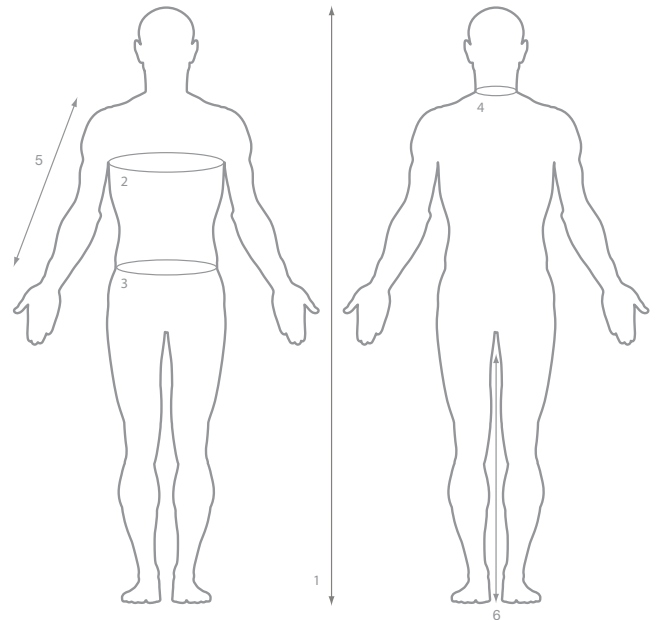
Size	XXS	XS/S	M/L	XL/XXL
2. Chest	70-80 cm 28-31"	75-90 cm 30-35"	90-110 cm 35-43"	110-135 cm 43-53"
Weight	25-40 kg 55-88 lbs	30-50 kg 66-110 lbs	50- >70 kg 110-154 lbs	> 70 kg > 154 lbs

MEN'S APPAREL

Size	XS	S	M	L	XL	XXL
1. Height	166-170 cm 5'5" - 5'7"	170-174 cm 5'7" - 5'8"	174-178 cm 5'8" - 5'10"	178-182 cm 5'10" - 6'0"	182-186 cm 6'0" - 6'1"	186-190 cm 6'1" - 6'2"
2. Chest	78-86 cm 31-34"	86-94 cm 34-37"	94-102 cm 37-40"	102-110 cm 40-43"	110-118 cm 43-46"	118-129 cm 46-51"
3. Waist	68-74 cm 26-29"	74-82 cm 29-32"	82-90 cm 32-35"	90-98 cm 35-39"	98-106 cm 39-42"	106-117 cm 42-46"
4. Neck	35 - 37 cm 14-15"	37-39 cm 14-15"	39-41 cm 15-16"	41-43 cm 16-17"	43-45 cm 17-18"	45-48 cm 18-19"
5. Arm Length	62-63 cm 24-25"	63-64 cm 25"	64-65 cm 25-26"	65-66 cm 26"	66-67 cm 26"	67-68 cm 26-27"
6. Inside Leg	74-76 cm 29-30"	76-78 cm 30-31"	78-80 cm 31"	80-82 cm 31-32"	82-84 cm 32-33"	84-86 cm 33-34"

MEN'S WETSUITS

Size	S	SM	M	ML	L	XL	XXL
1. Height	170-174 cm 5'7" - 5'8"	170-174 cm 5'7" - 5'8"	174-178 cm 5'8" - 5'10"	174-178 cm 5'8" - 5'10"	182-186 cm 6'0" - 6'1"	182-186 cm 6'0" - 6'1"	186-190cm 6'1" - 6'2"
2. Chest	86-94 cm 34-37"	94-102 cm 37-40"	94-102 cm 37-40"	102-110 cm 40-43"	110-118 cm 43-46"	118-129 cm 46-51"	118-129 cm 46-51"
3. Waist	74-82 cm 29-32"	82-90 cm 32-35"	82-90 cm 32-35"	90-98 cm 35-39"	98-106 cm 39-42"	106-117 cm 42-46"	106-117 cm 42-46"
5. Arm Length	63-64 cm 25"	63-64 cm 25"	64-65 cm 25-26"	64-65 cm 25-26"	66-67 cm 26"	67-68 cm 26-27"	67-68 cm 26-27"
6. Inside Leg	76-78 cm 30-31"	76-78 cm 30-31"	78-80 cm 31"	78-80 cm 31"	82-84 cm 32-33"	84-86 cm 33-34"	84-86 cm 33-34"



GETTING THE RIGHT FIT:

2. CHEST: Measure horizontally under the armpits around the fullest part of the chest and shoulder blades.
3. WAIST: Measure the waist circumference at the smallest part of the waist, often at the belly button
5. Arm Length: Measure the distance from the shoulder ball and socket joint to the wrist bone
6. INSIDE LEG: Measure from the ankle bone to the groin.

WEIGHT: Remember to include all the gear you'll be wearing when paddling.

WOMEN'S SIZE CHARTS

WOMEN'S PFDS

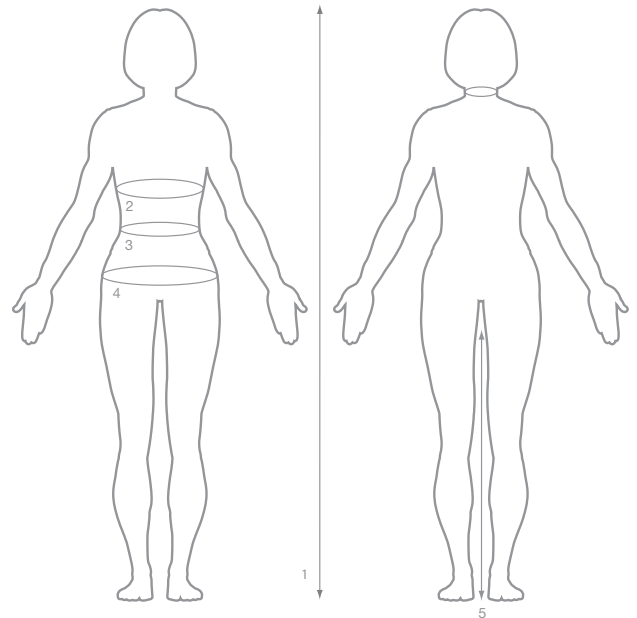
Size	WXS/S	WM/L	WXL/XXL
2. Bust	86-94 cm 28-31"	94-102 cm 30-35"	94-102 cm 37-40"
Weight	47-57 kg 103-125 lbs	75- > 67 kg 125-147 lbs	> 67 kg > 147 lbs

WOMEN'S APPAREL

Size	WXS	WS	WM	WL	WXL
UK	8	10	12	14	16
1. Height	158-162 cm 5'2" - 5'4"	162-166 cm 5'4" - 5'5"	166-170 cm 5'5" - 5'7"	170-174 cm 5'7" - 5'8"	174-178 cm 5'8" - 5'10"
2. Bust	78-82 cm 31-32"	82-86 cm 32-34"	86-90 cm 34-35"	90-94 cm 35-37"	94-98 cm 37-39"
3. Waist	62-66 cm 24-26"	66-70 cm 26-28"	70-74 cm 28-29"	74-78 cm 29-31"	78-82 cm 31-32"
4. Hips	82-86 cm 32-34"	86-90 cm 34-35"	90-94 cm 35-37"	94-98 cm 37-39"	98-102 cm 39-40"
5. Inside Leg	70-72 cm 28"	72-74 cm 28-29"	74-76 cm 29-30"	76-78 cm 30-31"	78-80 cm 31"

WOMEN'S WETSUITS

Size	8	10	12	14	16	18
1. Height	158-162 cm 5'2" - 5'4"	162-166 cm 5'4" - 5'5"	166-170 cm 5'5" - 5'7"	170-174 cm 5'7" - 5'8"	174-178 cm 5'8" - 5'10"	178-182 cm 5'10" - 6'
2. Bust	78-82 cm 31-32"	82-86 cm 32-34"	86-90 cm 34-35"	90-94 cm 35-37"	94-98 cm 37-39"	98-102 cm 39-41"
3. Waist	62-66 cm 24-26"	66-70 cm 26-28"	70-74 cm 28-29"	74-78 cm 29-31"	78-82 cm 31-32"	82-86 cm 32-33"
4. Hips	82-86 cm 32-34"	86-90 cm 34-35"	90-94 cm 35-37"	94-98 cm 37-39"	98-102 cm 39-40"	102-106 cm 40-41"
5. Inside Leg	70-72 cm 28"	72-74 cm 28-29"	74-76 cm 29-30"	76-78 cm 30-31"	78-80 cm 31"	80-82 cm 32"



GETTING THE RIGHT FIT:

2. BUST: Measure horizontally round the fullest part of the bust
3. WAIST: Measure the waist circumference at the smallest part of the waist. For most women this is about an inch above the belly button.
4. HIP: Measure the fullest part of the hips. This is roughly the area you sit on when you sit down.
5. INSIDE LEG: Measure from the ankle bone to the groin.

WEIGHT: Remember to include all the gear you'll be wearing when paddling.

All measurements refer to body size, not garment dimensions.

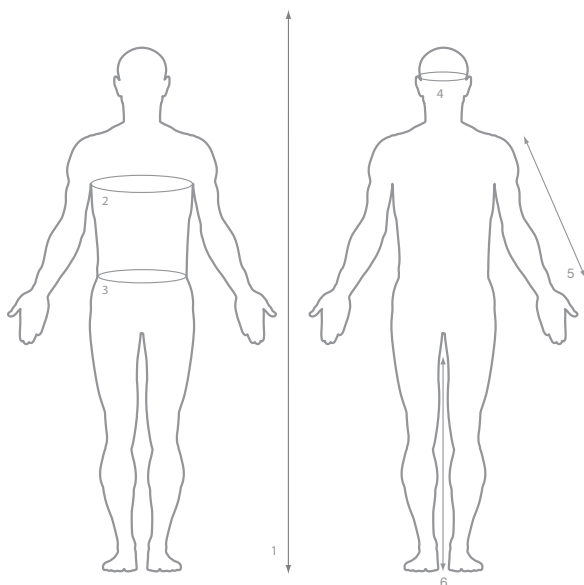
JUNIOR SIZE CHARTS

JUNIOR PFDS

Size	Junior (5-8 yrs)	XS/S (9-12 yrs)
2. Chest	60-70 cm 24-28 in	70-80 cm 28-31 in
Weight	25-30 kg 55-66 lbs	25-40 kg 55-88 lbs

JUNIOR APPAREL

Size	JS (5-6 yrs)	JM (7-8 yrs)	JL (9-10 yrs)
1. Height	116-128 cm 3.8-4.2'	128-140 cm 4.2-4.6 in	140-152 cm 4.6-5.0'
2. Chest	60-64 cm 24-25 in	64-68 cm 25-27 in	68-72 cm 27-28 in
3. Waist	55-57 cm 22 in	57-61 cm 22-24 in	61-65 cm 24-26 in
4. Neck	30-32 cm 12 in	32-33 cm 12-13 in	33-35 cm 13-14 in
5. Arm Length	40-47 cm 16-19 in	47-52 cm 19-20 in	52-56 cm 20-22 in
6. Inside Leg	48-54 cm 19-21 in	54-60 cm 21-24 in	60-66 cm 24-26 in



GETTING THE RIGHT FIT:

2. CHEST: Measure horizontally under the armpits around the fullest part of the chest and shoulder blades.
3. WAIST: Measure the waist circumference at the smallest part of the waist, often at the belly button
5. ARM LENGTH: Measure the distance from the shoulder ball and socket joint to the wrist bone
6. INSIDE LEG: Measure from the ankle bone to the groin.

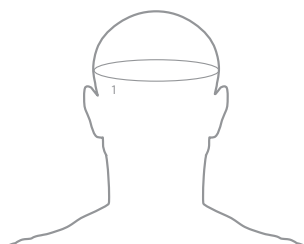
WEIGHT: Remember to include all the gear you'll be wearing when paddling.

Height measurements are the most important when buying for children. Please note that age ranges are provided purely as a guide.

JUNIOR WETSUITS

Size	JS (5-6 yrs)	JM (7-8 yrs)	JL (9-10 yrs)	JXL (11-12 yrs)	JXXL (13-14 yrs)
1. Height	116-128 cm 3.8-4.2'	128-140 cm 4.2-4.6"	140-152 cm 4.6-5.0'	152-164 cm 5.0-5.4'	164-176 cm 5.4-5.8'
2. Chest	60-64 cm 24-25"	64-68 cm 25-27"	68-72 cm 27-28"	72-80 cm 28-31"	80-88 cm 31-35"
3. Waist	55-57 cm 22"	57-61 cm 22-24"	61-65 cm 24-26"	65-71 cm 26-28"	71 cm 28-30"
4. Neck	30-32 cm 12"	32-33 cm 12-13"	33-35 cm 14-14"	35-37 cm 14"	37-39 cm 15"
5. Arm Length	40-47 cm 16-19"	44-52 cm 19-20"	52-56 cm 20-22"	56-61 cm 22-24"	61-66 cm 24-26"
6. Inside Leg	48-54 cm 19-21"	54-60 cm 21-24"	60-66 cm 24-26"	66-72 cm 26-28"	72-78 cm 28-31"

HELMET SIZING



Size*	JS	JM	XS/S	S	S/M	M	M/L	L	L/XL	XL	XL/XXL
1. Head circumference (cm)	49-50	51-52	51-54	53-54	53-56	55-56	55-57	55-56	57-60	59-60	59-62

* Not all helmets are available in all sizes. Please see product descriptions for more information.

GETTING THE RIGHT FIT:

1. HEAD CIRCUMFERENCE: Measure around the largest area of the head, above the eyebrows and ears.

PLEASE NOTE:

These charts are intended for use as a guide only, few people will be the exact sizes indicated. These charts are no substitution for visiting your local retailer and trying the garments on.

You can find your nearest Palm dealer online at palmequipmenteurope.com

FOOTWEAR SIZING

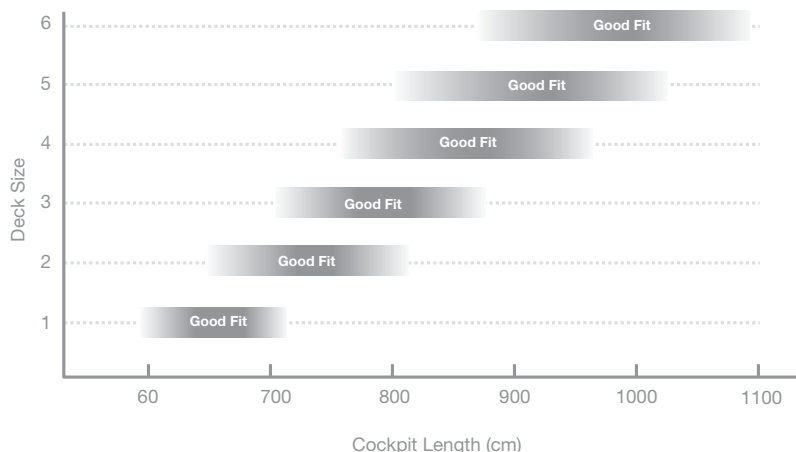
Suit Size	XS	S	M	L	XL	XXL
UK	4	5-6	7-8	9-10	11-12	13
Europe	37	38-39	41-42	43.5-44.5	46-47	49
USA	5	6-7	7.5-8.5	9.5-10.5	11.5-12.5	14
cm	23.5	24.5-25	25.5-26.5	27.5-28.5	29.5-30.5	32

All measurements refer to body size, not garment dimensions.

SPRAYDECK SIZING

COCKPIT SIZING

Palm's range of industry leading spraydecks are sized from 1 to 7 to fit a wide range of cockpit sizes and shapes. The graph below is a guide to which size spraydeck is most likely to fit your kayak.



GETTING THE RIGHT FIT

Every model of kayak has a slightly different cockpit size and shape. For this reason, it is always best to try a spraydeck on your cockpit before purchasing. A spraydeck that fits well should be easy enough to put on by yourself, and stay on the cockpit as long as you need it to. Everyone will have slightly different needs and priorities.

SPRAYDECK SIZING WEB APP

For 2011 we've produced a handy web app to help you find the right spraydeck. Search for your kayak from hundreds of the most popular models and find the best fit for you. Try it at <http://bit.ly/spraydeck>

WAIST SIZING

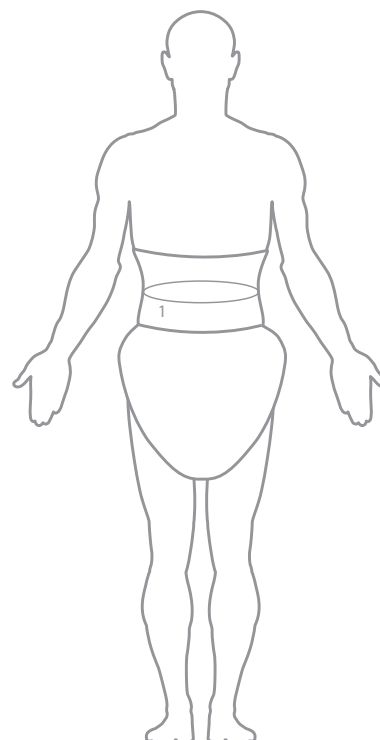
Measure the waist circumference at the smallest part of the waist (see diagram). This is often at or slightly above the belly button.

Below is a guide to which size neoprene spraydeck is most likely to fit your waist. Palm touring and Nylon spraydecks feature adjustable waists to fit most paddlers (60 cm–127 cm / 24"–50").

Spraydeck Size	XXXS/XS	XXS/XS	XS/S	M/L	XL/XXL
Waist Size	40-41 cm 16-20"	51-61 cm 20-24"	60-76 cm 24-30"	76-91 cm 30-36"	91-102 cm 36-40"

GETTING THE RIGHT FIT:

1. WAIST: Measure the waist circumference at the smallest part of the waist (see diagram). This is often at or slightly above the belly button. Pull the spraydeck waist tube up until the seam is above the hips.



PLEASE NOTE:

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