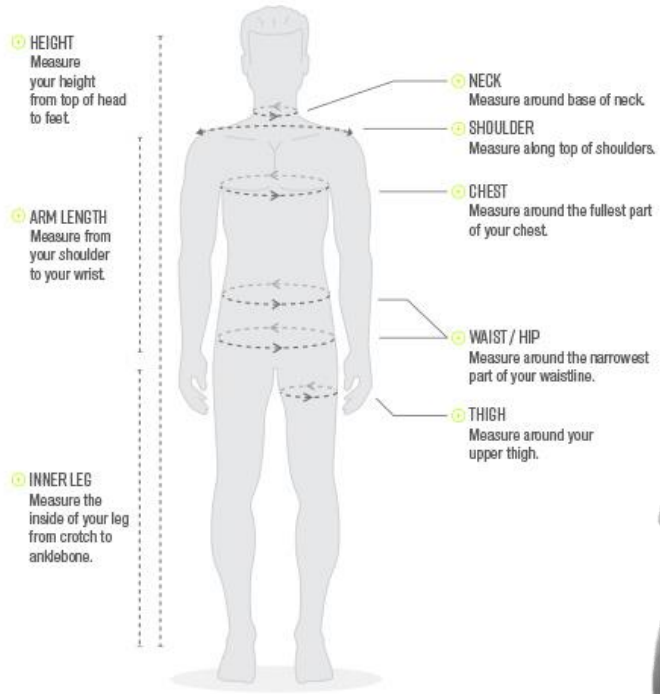




WETSUIT MENS



MENS / UNISEX WETSUIT FITTING GUIDE

*The below chart is a guide. For your best fit please try on instore

HEIGHT		CM	132	137	142	147	152	157	162	167	172	177	182	187	193	198
WEIGHT		FT	4'4"	4'6"	4'8"	4'10"	5'	5'2"	5'4"	5'6"	5'8"	5'10"	6'	6'2"	6'4"	6'6"
KG	LBS															
30	66		K-10	K-10	K-10	K-10										
35	77		K-10	K-10	K-10	K-10										
40	88			K-12	K-12	K-12	K-12									
45	99				K-12	K-12	K-12	K-12								
50	110					XS	XS	XS	XS	XS						
55	121					S	XS	XS	XS	XS						
60	132						S	S	S	S	S					
65	143						M	S	S	S	M	M	M			
70	154							M	M	M	M	M	M			
75	165							L	M	M	M	M	M	M		
80	176								L	L	L	L	L	L	L	
85	187								XL	L	L	L	L	L	L	
90	198									XL	XL	XL	XL	XL	XL	
95	209									XL	XL	XL	XL	XL	XL	XL
100	220										XXL	XXL	XL	XL	XL	XL
105	231										XXL	XXL	XXL	XXL	XXL	XXL
110	242										XXL	XXL	XXL	XXL	XXL	XXL
115	253											XXL	XXL	XXL	XXL	XXL
120	264												XXXL	XXXL	XXL	XXL
125	275												XXXL	XXXL	XXXL	XXXL
130	286												XXXL	XXXL	XXXL	XXXL

MENS / UNISEX WETSUIT MEASUREMENT CHART *Sizing refers to body measurements not garment dimensions & are a reference guide only

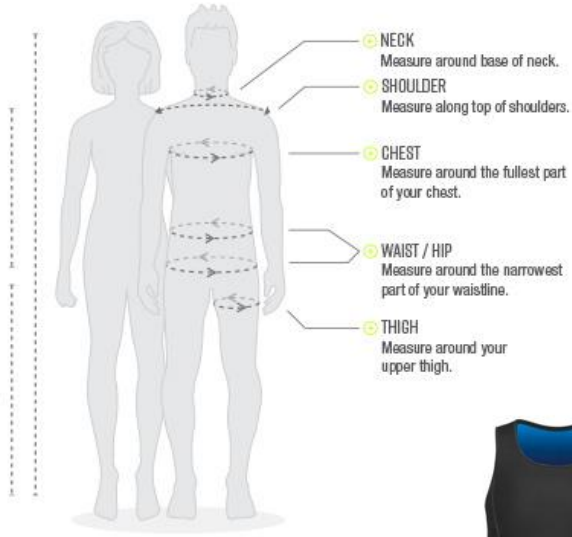
SIZE	CHEST (CM)	WAIST / HIP (CM)	INNER LEG (CM)	SHOULDER WIDTH (CM)	ARM LENGTH (CM)	THIGH WIDTH (CM)	NECK WIDTH (CM)	WEIGHT RANGE (KG)	WEIGHT RANGE (LBS)	HEIGHT RANGE (KG)	HEIGHT RANGE (FT)
XXS	79	64 / 79	79	39	55	52	32	45 - 50	99 - 110	142 +	4'8" +
XS	84	69 / 84	80	40	57	54	34	50 - 55	110 - 121	147 +	4'10" +
S	92	76 / 92	81	42	58	58	36	55 - 65	121 - 143	147 +	4'10" +
M	99	84 / 99	82	44	60	62	38	65 - 75	143 - 165	152 +	5' +
L	107	91 / 107	83	46	62	66	40	75 - 85	165 - 187	157 +	5'2" +
XL	114	99 / 114	84	48	64	69	43	85 - 100	187 - 220	162 +	5'4" +
XXL	124	109 / 124	85	50	66	74	46	100 - 120	220 - 264	172 +	5'8" +
XXXL	134	119 / 134	86	52	69	79	49	120 - 130	264 - 286	177 +	5'10" +

WETSUIT KIDS

HEIGHT
Measure your height from top of head to feet.

ARM LENGTH
Measure from your shoulder to your wrist.

INNER LEG
Measure the inside of your leg from crotch to anklebone.



KIDS WETSUIT MEASUREMENT GUIDE

*Sizing refers to body measurements not garment dimensions & are a reference guide only

SIZE	WEIGHT RANGE (KG)	HEIGHT RANGE (CM)
8 / XS	28 - 35	132 - 140
10 / S	32 - 39	140 - 147
12 / M	36 - 43	147 - 155
14 / L	43 - 50	155 - 163

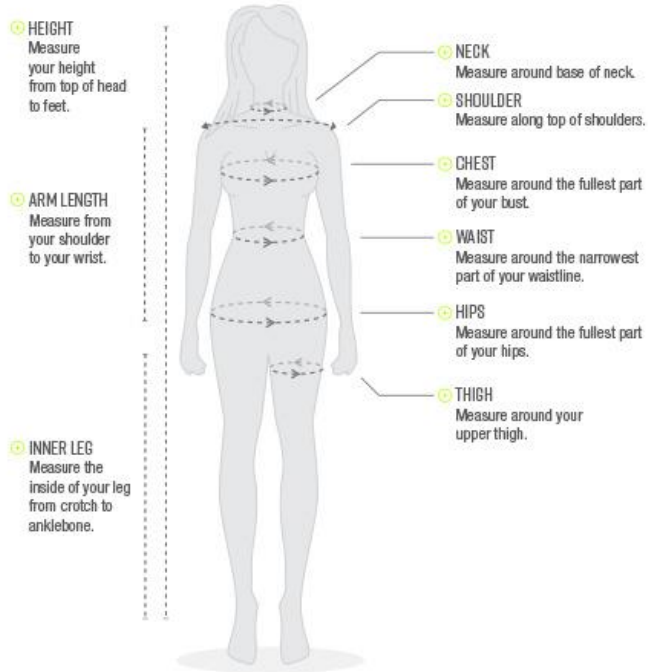


MENS / UNISEX WETSUIT FITTING GUIDE

*The below chart is a guide. For your best fit please try on instore

HEIGHT		CM	132	137	142	147	152	157	162	167	172	177	182	187	193	198
WEIGHT		FT	4'4"	4'6"	4'8"	4'10"	5'	5'2"	5'4"	5'6"	5'8"	5'10"	6'	6'2"	6'4"	6'6"
KG	LBS															
30	66		K-10	K-10	K-10	K-10										
35	77		K-10	K-10	K-10	K-10										
40	88			K-12	K-12	K-12	K-12	K-12								
45	99				K-12	K-12	K-12	K-12								
50	110					XS	XS	XS	XS	XS						
55	121					S	XS	XS	XS	XS						
60	132						S	S	S	S	S					
65	143						M	S	S	S	M	M	M			
70	154							M	M	M	M	M	M			
75	165							L	M	M	M	M	M	M		
80	176								L	L	L	L	L	L	L	
85	187								XL	L	L	L	L	L	L	
90	198									XL	XL	XL	XL	XL	XL	
95	209									XL	XL	XL	XL	XL	XL	XL
100	220										XXL	XXL	XL	XL	XL	XL
105	231										XXL	XXL	XXL	XXL	XXL	XXL
110	242										XXL	XXL	XXL	XXL	XXL	XXL
115	253											XXL	XXL	XXL	XXL	XXL
120	264												XXXL	XXXL	XXL	XXL
125	275												XXXL	XXXL	XXXL	XXXL
130	286												XXXL	XXXL	XXXL	XXXL

WETSUIT WOMENS



WOMENS WETSUIT FITTING GUIDE

*The below chart is a guide. For your best fit please try on instore

HEIGHT		CM	147	152	157	162	167	172	177	182	187
WEIGHT		FT	4'10"	5'	5'2"	5'4"	5'6"	5'8"	5'10"	6'	6'2"
KG	LBS										
40	88		XS	XS	XS						
45	99		XS	XS	XS	XS					
50	110		S	S	S	S					
55	121			S	S	S	S	S			
60	132				M	M	M	M	M		
65	143				M	M	M	M	M	M	
70	154				L	L	L	L	L	L	
75	165				L	L	L	L	L	L	L
80	176					XL	XL	L	L	L	L
85	187					XL	XL	XL	XL	XL	XL
90	198						XL	XL	XL	XL	XL
95	209						XL	XL	XL	XL	XL
100	220							XL	XL	XL	XL



WOMENS WETSUIT MEASUREMENT GUIDE *Sizing refers to body measurements not garment dimensions & are a reference guide only

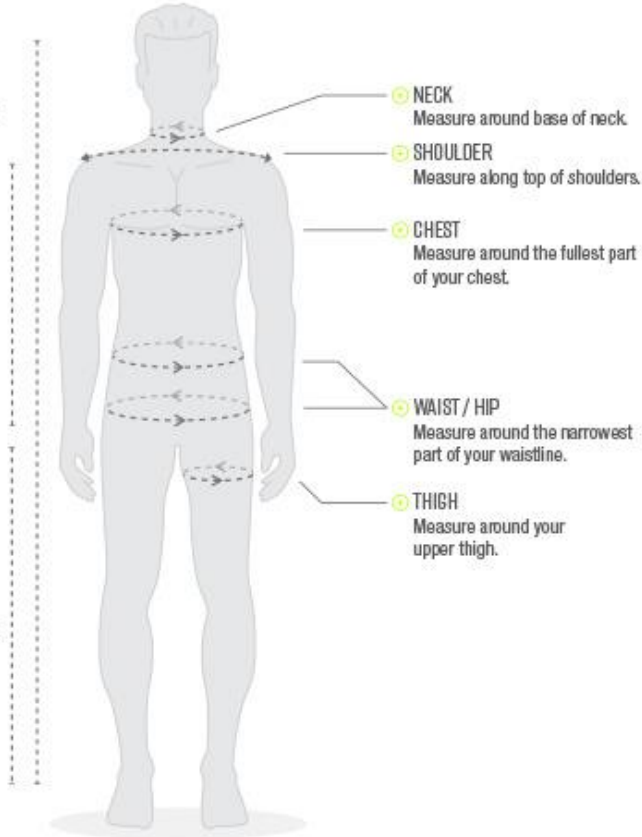
SIZE	CHEST (CM)	WAIST / HIP (CM)	INNER LEG (CM)	SHOULDER WIDTH (CM)	ARM LENGTH (CM)	THIGH WIDTH (CM)	NECK WIDTH (CM)	WEIGHT RANGE (KG)	WEIGHT RANGE (LBS)	HEIGHT RANGE (KG)	HEIGHT RANGE (FT)
XS	82	65 / 88	77	37	50	51	34	40 - 45	88 - 99	147 +	4'10" +
S	90	73 / 95	78	39	52	55	36	50 - 55	110 - 121	147 +	4'10" +
M	97	80 / 103	78	41	54	59	38	60 - 65	132 - 143	157 +	5'2" +
L	105	88 / 110	79	42	56	63	41	70 - 80	154 - 176	157 +	5'2" +
XL	112	95 / 118	80	44	57	67	43	80 - 100	176 - 220	162 +	5'4" +

TOPS MENS

HEIGHT
Measure your height from top of head to feet.

ARM LENGTH
Measure from your shoulder to your wrist.

INNER LEG
Measure the inside of your leg from crotch to anklebone.



HEIGHT
Measure your height from top of head to feet.

ARM LENGTH
Measure from your shoulder to your wrist.

INNER LEG
Measure the inside of your leg from crotch to anklebone.

TOPS WOMENS

NECK
Measure around base of neck.

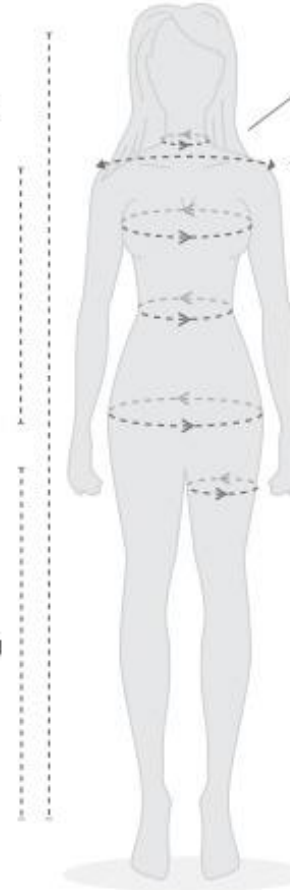
SHOULDER
Measure along top of shoulders.

CHEST
Measure around the fullest part of your bust.

WAIST
Measure around the narrowest part of your waistline.

HIPS
Measure around the fullest part of your hips.

THIGH
Measure around your upper thigh.



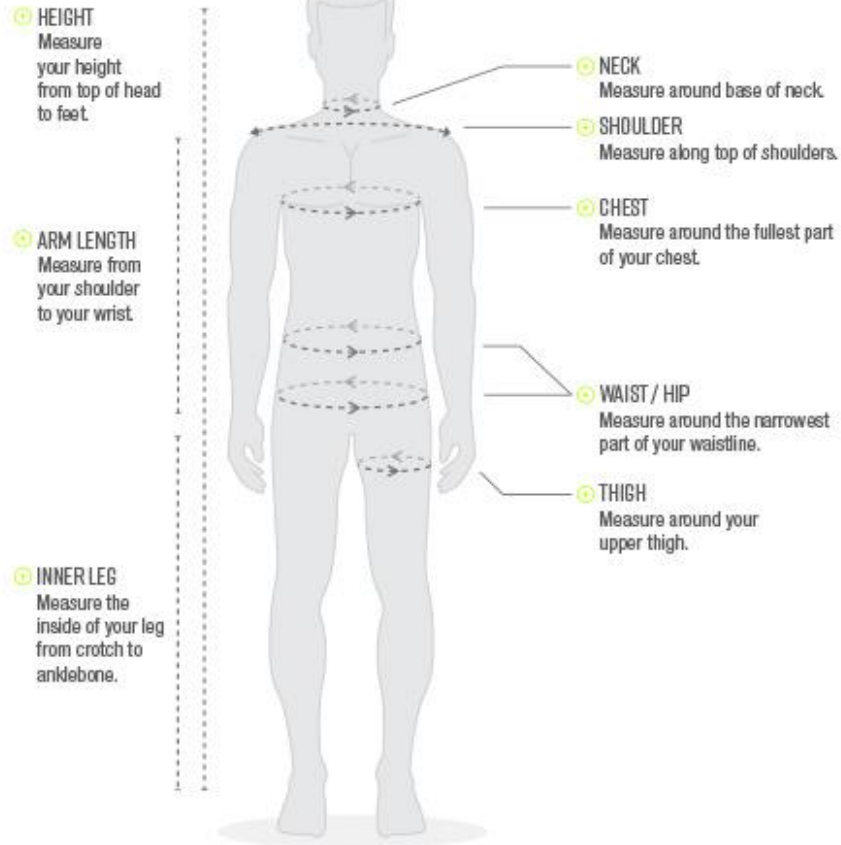
MENS / UNISEX TOPS MEASUREMENT CHART

SIZE	CHEST (CM)	SHOULDER WIDTH (CM)	ARM LENGTH (CM)
XXS	79	39	55
XS	84	40	57
S	92	42	58
M	99	44	60
L	107	46	62
XL	114	48	64
XXL	124	50	66
XXXL	134	52	69

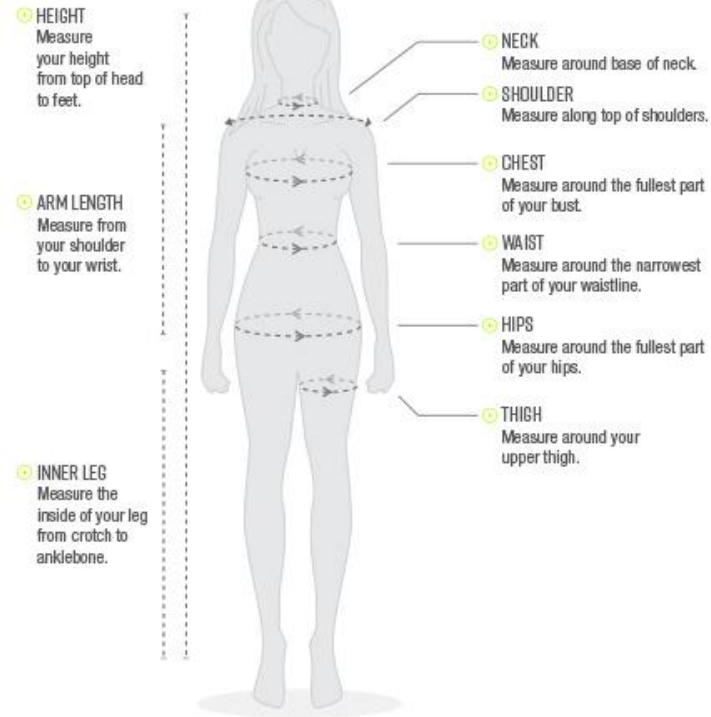
WOMENS TOPS MEASUREMENT CHART

SIZE	CHEST (CM)	SHOULDER WIDTH (CM)	ARM LENGTH (CM)
XS	82	37	50
S	90	39	52
M	97	41	54
L	105	42	56
XL	112	44	57
XXL	122	47	60

BOTTOMS MENS



BOTTOMS WOMENS



MENS / UNISEX BOTTOMS MEASUREMENT CHART

SIZE	PANT SIZE	WAIST / HIP (CM)	INNER LEG (CM)
XXS	26	64 / 79	79
XS	28	69 / 84	80
S	30	76 / 92	81
M	32	84 / 99	82
L	34	91 / 107	83
XL	36	99 / 114	84
XXL	38	109 / 124	85
XXXL	40	119 / 134	86

WOMENS BOTTOMS MEASUREMENT CHART

SIZE	PANT SIZE (AUS)	PANT SIZE (UK)	PANT SIZE (US)	WAIST / HIP (CM)	INNER LEG (CM)
XS	6	4	2	65 / 88	77
S	8	6	4	73 / 95	78
M	10	8	6	80 / 103	78
L	12	10	8	88 / 110	79
XL	14	12	10	95 / 118	80
XXL	16	14	12	105 / 128	81



ADULT PFD SIZE CHART

SIZE	CHEST DIAMETER (CM)	WEIGHT (KG)	FLOTATION
XS	70 - 80	40 - 50	40n
S	80 - 90	50 - 70	45n
M	80 - 100	70 +	50n
L	90 - 100	70 +	50n
XL	100 - 110	70 +	50n



HELMET SIZE CHART

SIZE	HEAD CIRCUMFERENCE
XS	51 - 53 CM
S	54 - 56 CM
M	57 - 59 CM
L	60 - 62 CM

ALL SIZES COME WITH EXTRA PADDING INSERTS



HARNESS SIZE CHART

SUIT SIZE	HARNESS SIZE
-XS	0
S - M	1
L - XL	2
XL+	3

SIZE OVERLAPS DUE TO ADJUSTABILITY



GLOVE SIZE CHART

GLOVE SIZE	PALM MEASUREMENT (CM)
6 (XS)	7.5
7 (S)	8.5
8 (M)	9.0
9 (L)	9.5
10 (XL)	10.0
11 (XXL)	10.5



DINGHY BOOT SIZE CHART

SIZE												
UK	MENS	3	4	5	6	7	8	9	10	11	12	13
	WOMENS	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5
USA	MENS	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5	13.5
	WOMENS	5	6	7	8	9	10	11	12	13	14	15
EUROPE	UNISEX	35	36.5	37.5	38.5	40	42	43	44	45	46.5	47.5
JAPAN	UNISEX	21	22	23	24	25	26	27	28	29	30	31



ZKG SIZE CHART

SIZE												
USA	MENS	3	4	5	6	7	8	9	10	11	12	13
	WOMENS	4	5	6	7	8	9	10	11	12	13	14
UK	UNISEX	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5
EUROPE	UNISEX	35	36	37	38	39	41	43	44	45	46	47
JAPAN	UNISEX	21	22	23	24	25	26	27	28	29	30	31



POWERPAD FITTING GUIDE *Sizing measurements are a guide only. For best fit try on instore.

RECOMMENDED PAD SIZE	THIGH CIRCUMFERENCE	YOUR WETSUIT SIZE	PAD LENGTH	PAD TOP CIRCUMFERENCE	PAD BOTTOM CIRCUMFERENCE
7	60 CM +	XXXL	310 MM	490 MM	380 MM
6	55 - 50 CM	XL / XXL	310 MM	470 MM	360 MM
5	50 - 55 CM	L	300 MM	450 MM	340 MM
4	45 - 50 CM	M	290 MM	430 MM	320 MM
3	42 - 45 CM	S	280 MM	410 MM	300 MM
2	35 - 42 CM	XS	270 MM	390 MM	280 MM

FITTING NOTES:

1. FIT FIRM & TIGHT

The Powerpads sleeve should fit firmly several centimetres above the knee, this means the battens will stay in place. Once wet and out on the water you will appreciate the extra tightness. Pull them up high...

2. TRY THEM ON

If possible; it's best if customers try the Powerpads on to make sure the fit is tight.

3. SUIT & POWERPAD SIZE CHART

Powerpads are a versatile hiking system so customise the fit as needed. You can mix any suit with any Powerpad size. Choose the size according to the best fit on the thigh. The suggested size chart is a very good guide, however it is possible for customers to be between sizes and need one size up or down depending on the body shape.

4. WORKS UNDER ANY ZHIK SUIT

All Zhik suits are designed to work with the Powerpads. Choose from the Hybrid, Microfleece or Superwarm ranges. The Powerpads are designed to work UNDER the suit.

