



## Sizing Specifications

### PALM WETSUIT SIZE CHART

We believe that it is important to design and tailor a range of wetsuits that fit exactly and maintain maximum body heat. Your wetsuit should fit snugly against your skin. The neoprene used by Palm has a four-way stretch which allows totally free movement for the active athlete. The sizes given for Palm wetsuits are only a guide to assist your choice. The measurements refer to body size.

#### MEN'S LONGJOHN STANDARD SIZES

SIZE (UK)	CONTINENTAL SIZE	HEIGHT		CHEST		WAIST		HIPS	
		CM	INCHES	CM	INCHES	CM	INCHES	CM	INCHES
XS	42	158 - 160	5'2" - 5'3"	81 - 86	32" - 34"	66 - 69	26" - 27"	76 - 81	30" - 32"
S	44	163 - 168	5'4" - 5'6"	86 - 91	34" - 36"	69 - 74	27" - 29"	81 - 86	32" - 34"
S/M	44/46	168 - 173	5'6" - 5'8"	91 - 97	36" - 38"	74 - 79	29" - 31"	86 - 91	34" - 36"
M	46/48	173	5'8"	97 - 102	38" - 40"	79 - 81	31" - 32"	91 - 97	36" - 38"
M/L	48/50	175	5'9"	102 - 107	40" - 42"	81 - 84	32" - 33"	97 - 102	38" - 40"
L	50/52	178	5'10"	107 - 112	42" - 44"	84 - 89	33" - 35"	102 - 107	40" - 42"
XL	54	183 - 188	6'0" - 6'2"	112 - 117	44" - 46"	89 - 94	35" - 37"	107 - 112	42" - 44"
XXL	56	188 - 193	6'2" - 6'4"	117 - 122	46" - 48"	94 - 99	37" - 39"	112 - 117	44" - 46"

#### LADIES LONGJOHN STANDARD SIZES

SIZE (UK)	CONTINENTAL SIZE	HEIGHT		BUST		WAIST		HIPS	
		CM	INCHES	CM	INCHES	CM	INCHES	CM	INCHES
SIZE 8	36	152 - 157	5'0" - 5'2"	76 - 86	30" - 32"	56 - 61	22" - 24"	81 - 86	32" - 34"
SIZE 10	38	157 - 163	5'2" - 5'4"	81 - 86	32" - 34"	61 - 66	24" - 26"	86 - 91	34" - 36"
SIZE 12	40	163 - 168	5'4" - 5'6"	86 - 91	34" - 36"	66 - 71	26" - 28"	91 - 97	36" - 38"
SIZE 14	42	168 - 170	5'6" - 5'7"	91 - 97	36" - 38"	71 - 76	28" - 30"	97 - 102	38" - 40"
SIZE 16	44	170 - 173	5'7" - 5'8"	97 - 102	38" - 40"	76 - 81	30" - 32"	102 - 107	40" - 42"

#### JUNIOR LONGJOHN STANDARD SIZES

SIZE (UK)	AGE (Yrs)	HEIGHT		CHEST		WAIST		HIPS		INSIDE LEG	
		CM	INCHES	CM	INCHES	CM	INCHES	CM	INCHES	CM	INCHES
S	5/6 years	122	4'0"	61	24"	48	19"	66	26"	46	18"
M	7/8 years	132	4'4"	66	26"	63	21"	71	28"	53	21"
L	9/10 years	142	4'8"	71	28"	58	23"	76	30"	61	24"
XL	11/12 years	152	5'0"	76	30"	63	25"	81	32"	69	27"
XXL	13/14 years	162	5'4"	81	32"	68	27"	81	32"	69	27"

### MULTI-FIT WATER WEAR SIZE CHART

The size chart is a general guide for ordering Palm Equipment water wear for canoeing, kayaking and rafting. All sizes are consistent throughout the range and are available as follows: XS S M L XL XXL unless otherwise stated. It should also be noted that Palm water wear is cut and designed to be used in conjunction with a layering system and for the style of watersport activity you are pursuing. The measurements refer to body size and not the garment dimensions.

UNISEX SIZE	XS	S	M	L	XL	XXL
CONTINENTAL	42	44	46/48	50/52	54	56
LADIES (UK)	8	10/12	12/14	14/16	16/18	-
CHEST (inches)	32"/34"	36"/38"	39"/41"	42"/44"	45"/46"	47"/48"
(cm)	81 - 86	91 - 97	99 - 104	107 - 112	114 - 117	119 - 122
WAIST (inches)	26"/29"	30"/32"	33"/35"	36"/38"	39"/40"	41"/42"
(cm)	66 - 74	76 - 82	84 - 89	91 - 97	99 - 102	104 - 107
INSIDE LEG (inches)	28"	29"	30"	32"	33"	34"
(cm)	71	74	76	79	81	83

### PALM BUOYANCY AID SIZE CHART

All of the Palm range of buoyancy aids are manufactured to CE EN393. When you choose your Palm buoyancy aid it is important to have it fitting close to your body - an over-sized buoyancy aid is uncomfortable to wear and can be dangerous in the event of a swim.

SIZE	USER'S WEIGHT		CHEST SIZE	
	KGs	Lb's	CMS	INCHES
JUNIOR	30 - 40	66 - 88	66 - 76	26 - 30
XS/S	35 - 50	66 - 110	75 - 90	29 - 35
M/L	50 - 70	110 - 154	90 - 110	35 - 43
XL/XXL	>70	>154	110 - 135	43 - 53
UNIVERSAL	40 - 80	88 - 176	86 - 117	34 - 46

### NEOPRENE BOOTS SIZE CHART

It is important to have the correct fitting neoprene boot to provide maximum comfort, protection and warmth to your feet.

UK	4	5	6	7	8	9	10	11	12
CONTINENTAL	36	38	39	40	42	43	44	46	47
USA	5	6	7	8	9	10	11	12	13

### NEOPRENE SOCKS SIZE CHART

SOCKS	XS	S	M	L	XL
UK	4	5	6	7	8
CONTINENTAL	36	38	39	40	42
USA	5	6	7	8	9