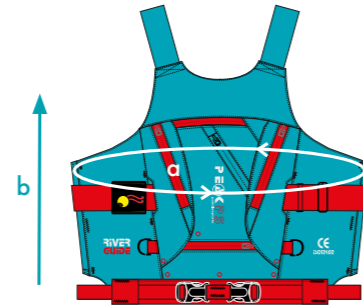


# SIZE GUIDE

## Specification & Sizing:

Peak UK reserve the right to change product specifications, colours and sizing without prior notice. Sizing may change from garment to garment and batch to batch. Our written size guide is for use as a guide only. We suggest customers try garments before they buy to guarantee fit.

For non-ladies specific items, sizing works as follows: Outerwear: XXS=8. XS=10. S=12. M=14. L=16. XL=18. XXL=20. | PFDs: XS=8. SM=10/12. LXL=14/16. XXL=18



## PFDS

Size	Sproglet	Sprog	Yoof	XS	SM	L10/12	LXL	L14/16	XXL
Weight kg	15-25	20-35	30-40	30-50	45-70	45-70	65-90	65-90	85-110
Chest cm (a)	50-60	55-65	60-90	70-100	80-110	80-110	90-120	90-120	100-130
Chest inch (a)	20-24	22-26	24-35	28-39	31-43	31-43	35-47	35-47	39-51
Uplift >N (b)	40	50	40	45	55	55	55	65	70*

PFD N uplift varies from model to model. Kidz Zip approximate ages: Sproglet: 2 - 4 years. Sprog: 4 - 7 years

Ladies size PFDs have specific chest foam layouts. See PFD pages for more details.

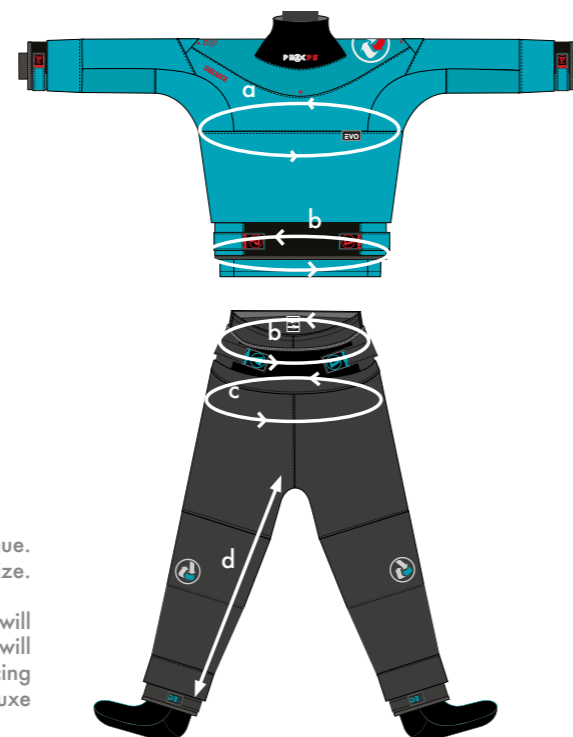
\*Racer Pro and Marathon Racer XXL min uplift 60N

## OUTERWEAR | ADULT

Size	XXS	L10	XS	L12	S	L14	M	L	XL	XXL
Chest cm (a)	80-90	82-92	85-95	87-97	90-100	92-102	95-105	100-115	110-125	115-130
Chest inch (a)	31-35	32-36	33-37	34-38	35-39	36-40	37-41	39-45	43-49	43-51
Waist cm (b)	60-70	62-72	65-75	67-77	70-80	72-82	75-85	80-90	85-95	90-100
Waist inch (b)	24-28	25-29	26-30	27-31	28-32	29-33	30-34	32-36	34-38	36-40
Inside leg cm (d)	60-70	65-75	65-75	70-80	70-80	75-85	75-85	80-90	85-95	85-95
Inside leg inch (d)	24-28	26-30	26-30	28-32	28-32	30-34	30-34	32-36	34-38	34-38
Hip cm (c)		89-99		94-104		99-109				
Hip inch (c)		35-39		37-41		39-43				

## OUTERWEAR | KIDZ

Size	>4	>6	>8	>10	>12
Chest cm (a)	55-65	65-75	70-80	75-85	80-90
Chest inch (a)	23-27	25-29	27-31	29-33	31-35
Waist cm (b)	40-50	45-55	50-60	55-65	60-70
Waist inch (b)	16-20	18-22	20-24	22-26	24-28
Inside leg cm (d)	40-50	45-55	50-60	55-65	60-70
Inside leg inch (d)	16-20	18-22	20-24	22-26	24-28



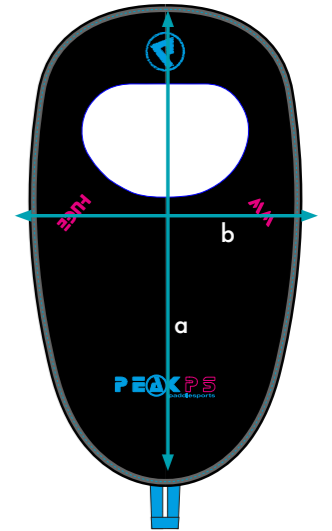
This outdoor size guide is not specific to one category / discipline of our catalogue. It offers the broad measurements that you could come to expect from any given size.

If you find yourself to fit well in X sized product there is high chance that X size will again work for you in another garment from a different category. The fit / design will differ from product to product however. For example, the finished size of a racing garment such as the ST2022 will be far smaller ( skin tight ) than that of a Deluxe Jacket X4, by intentional design.

## SPRAYDECK SIZES

Spraydeck cockpit sizing is not a precise science - there are many different shapes and sizes, and whilst we have done our best to accommodate most boats within our spraydeck range, you should be aware that there are different factors to consider.

As a general rule, if your measurements are towards the lower end of the size range, then you should be fine. If you are towards the centre, then take into account the spraydeck model's features and your ability. If you are towards the upper end then you may want to consider choosing the next size up, especially if you are looking at the Whitewater deck.



Size	Mini	K1 (MM)	C0	C1	WR
Length cm (a)	62-70	71-79	66-74	60-68	59-67
Width cm (b)	34-40	39-45	39-45	50-56	38-44

Size	Comp	Small	Keyhole	Bigdeck	Huge
Length cm (a)	80-88	82-88	86-92	89-95	94-100
Width cm (b)	42-48	47-51	51-55	51-55	53-57

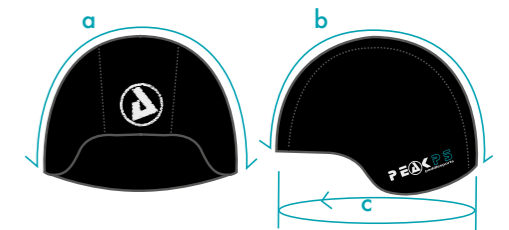
Size	Sprint S	Sprint M	Sprint L
Length cm (a)	95-105	100-110	105-115
Width cm (b)	46-51	48-53	50-55

## SPRAYDECK WAISTS

Size	XS / Kidz	S	ML	XL
Waist cm	55-65	65-75	75-85	85-95
Waist inch	22-26	26-30	30-34	34-38

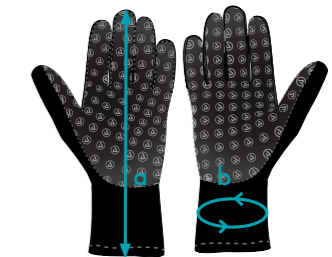
## HEADCASE

Size	XS	SM	LXL
Width cm (a)	43-45	45-47	47-49
Length cm (b)	35-37	37-39	39-41
Circ cm (c)	47-49	50-52	53-55



## HANDS

Size	XS	SM	LXL	XXL
Length cm (a)	16-18	17-19	18-20	19-21
Circ cm (b)	18-20	19-21	20-22	21-23



## HELMETS

Size	XS	SM	LXL	XXL
Circ cm (a)	54-56	56-58	58-60	60-62



## FOOTWEAR

Size UK	2	3	4	5	6	7	8	9	10	11	12
Size US	3	4	5	6	7	8	9	10	11	12	13
Size EU	34	35	36	37/38	39	40	41/42	43	44	45	46
Length cm (a)	20	21	22	23	24	25	26	27	28	29	30