

# Personal floatation sizing & fit

**Chest/bust**—measure horizontally under the armpits around the fullest part of your chest and shoulder blades.

**Weight**—include all the gear you'll be wearing too.

## PFD buoyancy label

A correct fit is more important than choosing the buoyancy category according to your weight. All Palm PFDs have buoyancy above the minimum floatation required for CE/ISO certification. PFD weight ranges are printed inside Palm PFDs on the ISO label.

Bear in mind the clothing you choose to wear will also affect your ability to swim. Putting things in your pockets will also add overall weight. Consider what you will be carrying and wearing when choosing a PFD size.

## Men's and unisex PFDs

	XXS	XS/S	M/L	XL/XXL
Chest	68–80 cm 27–31*	78–94 cm 31–37*	94–110 cm 37–43*	110–126 cm 43–50*
Weight	30–50 kg 66–110 lb	40–70 kg 88–154 lb	60–90 kg 132–198 lb	80–>110 kg 176–>242 lb

## Women's PFDs

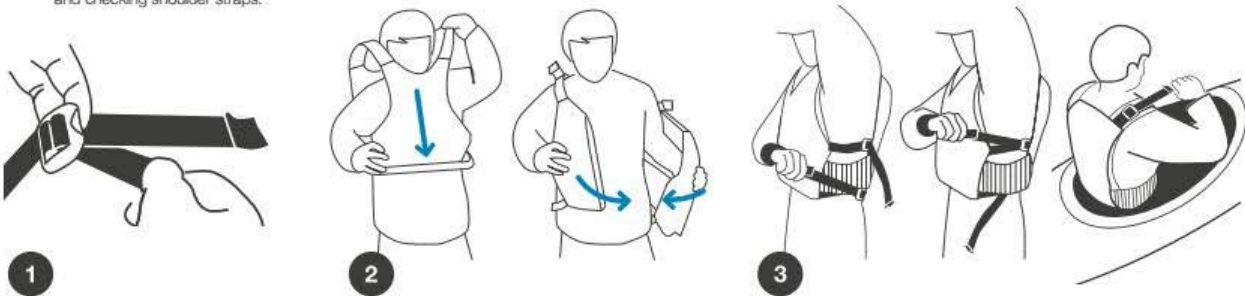
	WXS/S	WM/L	WXL/XXL
Bust	82–90 cm 32–35*	90–98 cm 35–39*	98–106 cm 39–44*
Weight	40–60 kg 88–132 lb	50–70 kg 110–154 lb	60–>80 kg 132–>176 lb

## Kids' PFDs

	KXS/S (6–10yrs)	KM/L (10–14yrs)
Chest	56–68 cm 23–27*	68–80 cm 27–31*
Weight	20–40 kg 44–88 lbs	30–50 kg 66–110 lbs

## Three step fitting

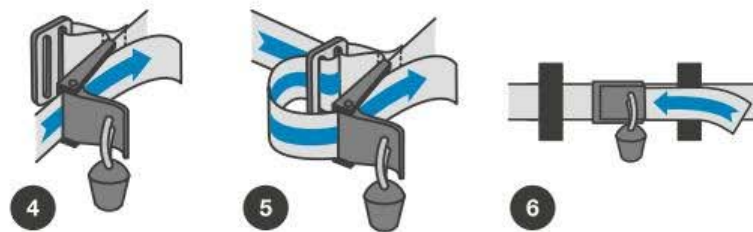
- 1 Loosen all the straps and buckles.
- 2 Put the PFD on (over your head or by the front zip) and fasten any buckles. Do not tighten chest harness yet (if fitted).
- 3 Tighten all straps, starting from the waist and working upwards to the shoulder straps. Tighten and fasten chest harness. Finish by sitting down and checking shoulder straps.



## For harness PFDs

Feed the chest harness webbing through the quick release cam buckle as illustrated.

- 4 For general use it is recommended to feed the webbing directly through the plastic cam buckle only.
- 5 For bank rescue situations the aluminium load spreader can be used in conjunction with the cam buckle.
- 6 Close the buckle firmly and store any excess webbing away.



**Tip**—trim the length of your chest harness to reduce excess webbing. Cut the end of the webbing with a sharp pair of scissors and seal the edge with a lighter. The chest harness must be trimmed to no more than 15 cm from the red line on the quick release cam buckle! Remember to allow for clothing layers.

## Chest harness PFD fit guide

	CHEST HARNESS 1	CHEST HARNESS 2	CHEST HARNESS 3
PFD	Extrem women's (WXS/S) Luna women's (WXS/S) Amp (all sizes)	Extrem men's (all sizes) Extrem women's (WM/L + WXL/XXL) Luna women's (WM/L + WXL/XXL) FxR (XS/S)	FxR (M/L + XL/XXL)

# Outerwear, layering & neoprene sizing

## Men's

	XS	S	M	MB	MT	L	LT	XL	XXL
<b>UK</b>	32	34-36	38	38-40	38-40	40	40-42	42-44	46
<b>Euro</b>	42	44-46	48	48-50	48-50	50	50-52	52-54	56
Height	170-174 cm 5'7"-5'9"	174-178 cm 5'9"-5'10"	174-178 cm 5'9"-5'10"	178-182 cm 5'10"-6'	182-186 cm 6'-6'1"	182-186 cm 6'-6'1"	186-190 cm 6'1"-6'3"	182-186 cm 6'-6'1"	186-190 cm 6'1"-6'3"
Chest	86-94 cm 34-37"	94-102 cm 37-40"	102-110 cm 40-43"	102-110 cm 40-43"	102-110 cm 40-43"	110-118 cm 43-46"	118-126 cm 46-50"	110-118 cm 43-46"	118-126 cm 46-50"
Waist	72-80 cm 28-31"	80-88 cm 31-35"	88-96 cm 35-38"	88-96 cm 35-38"	88-96 cm 35-38"	96-104 cm 38-41"	104-112 cm 41-44"	96-104 cm 38-41"	104-112 cm 41-44"
Inside leg	76-78 cm 30-31"	78-80 cm 31-31"	78-80 cm 31-31"	80-82 cm 31-32"	82-84 cm 32-33"	82-84 cm 32-33"	84-86 cm 33-34"	82-84 cm 32-33"	84-86 cm 33-34"

## Women's

	WXS	WS	WSR	WM	WL	WXL
<b>UK</b>	8	10	10-12	12	14	16
<b>Euro</b>	36	38	38-40	40	42	44
<b>US</b>	6	8	8-10	10	12	14
Height	158-162 cm 5'2"-5'4"	162-166 cm 5'4"-5'5"	162-166 cm 5'4"-5'5"	166-170 cm 5'5"-5'7"	170-174 cm 5'7"-5'9"	174-178 cm 5'9"-5'10"
Bust	82-86 cm 32-34"	86-90 cm 34-35"	90-98 cm 35-39"	90-94 cm 35-37"	94-98 cm 37-39"	98-102 cm 39-40"
Waist	66-70 cm 26-28"	70-74 cm 28-29"	74-78 cm 29-31"	74-78 cm 29-31"	78-82 cm 31-32"	82-86 cm 32-34"
Hips	90-94 cm 35-37"	94-98 cm 37-39"	98-102 cm 39-40"	98-102 cm 39-40"	102-106 cm 40-42"	106-110 cm 42-43"
Inside leg	68-70 cm 27-28"	70-72 cm 28-28"	70-72 cm 28-28"	72-74 cm 28-29"	74-76 cm 29-30"	76-78 cm 30-31"

## In-between sizes

### Outerwear

MB (Medium Broad) for men has the length of a Medium and the width of a Large. WSR (Women's Small Relaxed) for women has the length of a Small and the width of a Medium

### Layering & neoprene

MT (Medium Tall) for men's longjohn wetsuits has the width of a Medium and the length of a Large.

## NeoFlex

Our 0.5 mm neoprene NeoFlex fabric is super stretchy but becomes even stretchier when wet. Choose a close fit when you try it on dry, it's intended to be snug.

## Kids' outerwear

	KS (8-10yrs)	KM (10-12yrs)	KL (12-14yrs)	KXL (14-16yrs)
Height	122-134 cm 4'-4'5"	134-146 cm 4'5"-4'9"	146-158 cm 4'9"-5'2"	158-170 cm 5'2"-5'7"
Chest	62-66 cm 24-27"	68-74 cm 27-29"	74-80 cm 29-31"	80-86 cm 31-34"
Waist	56-60 cm 22-24"	60-64 cm 24-25"	64-68 cm 25-27"	68-72 cm 27-28"
Inside leg	52-58 cm 20-23"	58-64 cm 23-25"	64-70 cm 25-28"	70-76 cm 28-30"

## Kids

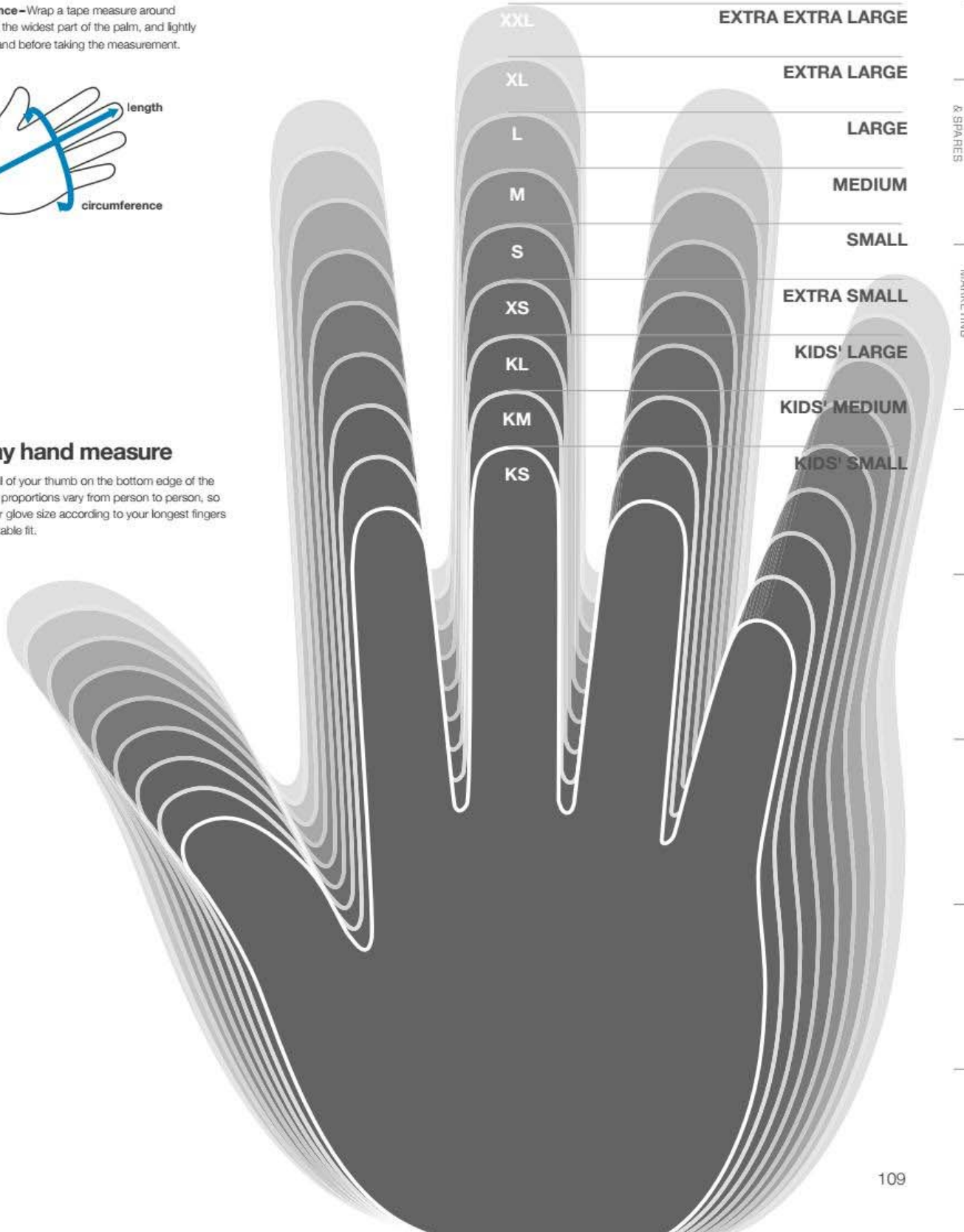
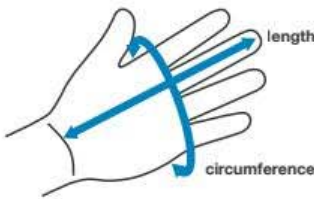
Height is the most important measurement when buying for children. The age ranges are provided as a guide.

# Gloves sizing

	KS	KM	KL	XS	S	M	L	XL	XXL
Length	<14.5 cm <5.7"	14.5–15.5 cm 5.7–6.1"	15.5–16.5 cm 6.1–6.5"	16.5–17.5 cm 6.5–6.9"	17.5–18.5 cm 6.9–7.3"	18.5–19.5 cm 7.3–7.7"	19.5–20.5 cm 7.7–8"	20.5–21 cm 8–8"	>21 cm >8"
Circumference	<15.5 cm <6.1"	15.5–16.5 cm 6.1–6.5"	16.5–17.5 cm 6.5–6.9"	17.5–19 cm 6.9–7.5"	19–20.5 cm 7.5–8.1"	20.5–22 cm 8–8.7"	22–23.5 cm 8.7"	23.5–25 cm 9.3–9.8"	>25 cm >9.8"

**Length**—Measure from the tip of your longest finger to the base of your palm at the wrist.

**Circumference**—Wrap a tape measure around your hand at the widest part of the palm, and lightly close your hand before taking the measurement.



## Overlay hand measure

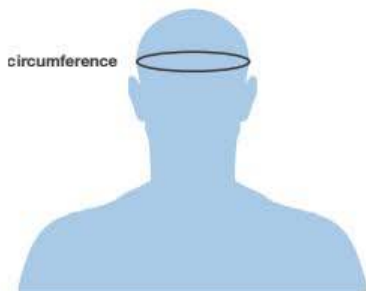
Place the ball of your thumb on the bottom edge of the page. Finger proportions vary from person to person, so estimate your glove size according to your longest fingers for a comfortable fit.



# Footwear sizing

UK	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Euro	33	34	36	37	38	39	40-41	42	43	44-45	46	47	48	49
US	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Socks			XS	S	S	M	M	L	L	XL	XL	XXL	XXL	
Length	21 cm	21.5 cm	22 cm	23.5 cm	24 cm	25 cm	26 cm	27 cm	27.5 cm	28.5 cm	29.5 cm	30.5 cm	31 cm	32 cm

# Helmet sizing



**Circumference**—Measure around the largest area of the head, above the eyebrows and ears.

	S	L	ONE SIZE
Circumference	51–56 cm 20–21"	56–60 cm 21–23"	52–58 cm 20.5–22.8"

# Finding the right paddle length

## Kayak paddles

The recommended paddle length in the table are a starting point, you may prefer a slightly shorter or longer paddle. A shorter paddle is best suited to a shorter paddler or narrower boat and longer paddles tend to suit taller people or a wider boat (such as a tandem).

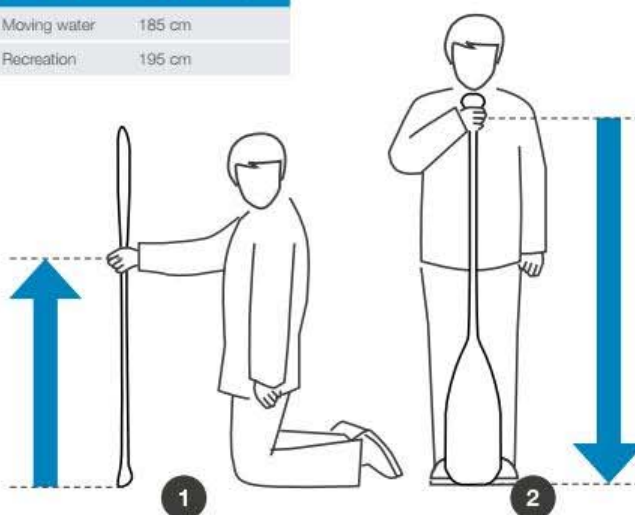
MODELS	ACTIVITY	PADDLER HEIGHT	BOAT WIDTH	PADDLE LENGTH
Maverick G5 Maverick G3 Maverick G1	Whitewater	5'2"–5'9" / 157–175 cm 5'8"–6'1" / 172–185 cm over 6'1" / 185 cm	under 25.6" / 65 cm under 25.6" / 65 cm over 26.4" / 67 cm	194 cm 197 cm 200 cm
Vision L	Touring	5'2"–5'10" / 157–178 cm over 5'10" / 178 cm	under 23" / 58 cm over 22" / 56 cm	215 cm 220 cm
Drift Pro Drift Lite Drift Classic Otter	Recreation	5'8"–6'1" / 172–185 cm 5'8"–6'1" / 172–185 cm over 6'1" / 185 cm	21"–23" / 53–58 cm 23"–26" / 58–66 cm over 25" / 64 cm	205 / 215 cm 215 / 220 cm 220 / 225 cm

## Open canoe paddles

Your paddle size should ideally be determined by the shaft length, rather than the overall length, as canoe blades come in a variety of shapes and styles. There are two quick methods to determine a roughly appropriate length:

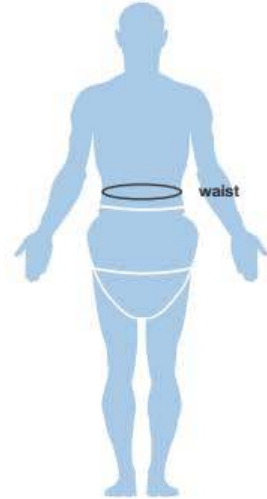
- 1 Stretch out your arm, and kneel down holding the paddle upside down in front of you. If your arm is horizontal and your grip is around the throat of the paddle (where blade and shaft meet) this is a suitable length.
- 2 Or ... standing straight with the paddle resting on the floor vertically in front of you, the hand grip should measure between the armpit and top of shoulder.

KIDS' MODEL	ACTIVITY	PADDLE LENGTH
Colt	Moving water	185 cm
	Recreation	195 cm



# Spraydeck sizing & fit

**Waist**—Measure the waist circumference at the smallest part of your waist, often at the belly button. For most women this is about an inch above the belly button.



## N and R sizes nylon and neoprene decks

Nylon decks are marked with N sizes and neoprene decks are marked with R sizes.

Because nylon spraydecks do not offer the same stretch as neoprene ones, touring boats with exceptionally large cockpits will usually need a larger size nylon deck than a neoprene one. A size 6 cockpit will often take a size 5 or 6 deck in neoprene.

## Getting the right fit

Pull the spraydeck waist tube up until the seam is above your hips.

The easiest spraydeck to put on might not stay on the best or keep the most water out. Which is most important to you?

A neoprene spraydeck will become easier to put on a kayak when wet, so wet out the edge of your deck as you get in your boat.

Over time, a neoprene spraydeck will stretch with use, becoming easier to put on your cockpit.

Krytex, Gripsil, and other protective materials will reduce the amount of stretch in a deck making a good fit even more important.

Nylon spraydecks do not stretch, so make sure you get a good fit before you buy, especially with larger cockpits. These charts are only a guide, kayak cockpits vary greatly in size and shape. Visit your local retailer and try the gear on to be sure of a good fit.

## Waist sizing

	XXS	XS/S	M/L	XL/XXL	ADJUSTABLE
Waist	64–72 cm 25–28"	72–80 cm 28–31"	80–96 cm 31–38"	96–112 cm 38–44"	60–127 cm 24–50"

## Deck sizing

PALM SIZE	EU SIZE	US SIZE	COCKPIT LENGTH	COCKPIT WIDTH	EXAMPLES
2	Extra small	XS	66–75 cm	40–45 cm	Dagger Axiom 6.9
3	Small	S	73–82 cm	42–50 cm	Sialom Kayak
4	Keyhole	M	81–91 cm	45–55 cm	Dagger Mamba
5	Bigdeck	L	89–98 cm	48–58 cm	Dagger Katana
6	Super Big	XL	96–105 cm	55–60 cm	Islander Fiesta
7	Super Tour	XXL	103–110 cm	57–62 cm	Dagger Zydeco

## Putting on your spraydeck

Step into the body-tunnel and pull it up until the base of the tunnel is level with your hips.

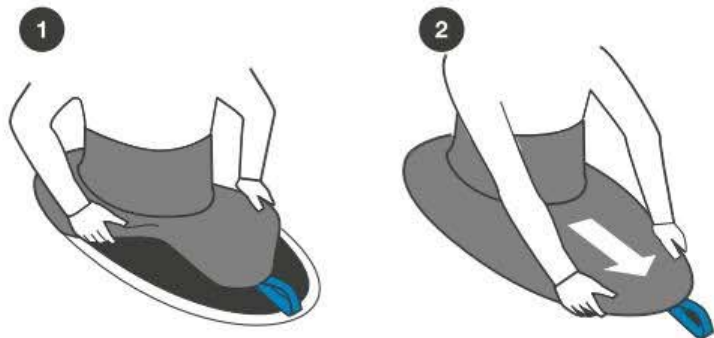
Sit in your kayak being careful to avoid sitting on the back of the spraydeck.

- 1 Lean back and hook the rear edge of the spraydeck under the back of the cockpit rim.

Lean forward, keeping tension on the elastic, and feed the edge of deck around and under the sides of the cockpit rim.

- 2 Stretch the deck away from you and hook the front of the deck over the front of the cockpit rim. At this point it is important to ensure that the release strap is outside the cockpit and easily accessible.

Sit upright and check around the edge to ensure the deck is properly fitted and sealed under the cockpit rim.

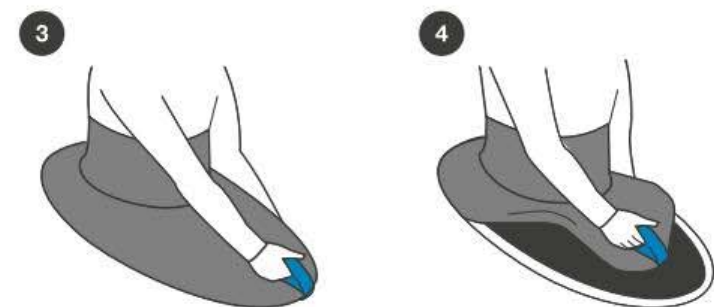


## Removing your spraydeck

- 3 Find the release handle at the front of the deck by running your hand forwards along the edge of the cockpit.

- 4 Pull the handle forwards (away from you) and up to release the front of the deck from the cockpit rim.

**Tip** – Practise removing your spraydeck and getting out of your boat in a controlled situation so that you are able to remove the deck easily, even when upside down. The swimming pool is a good place to familiarise yourself with the capsize/wet-exit drill.



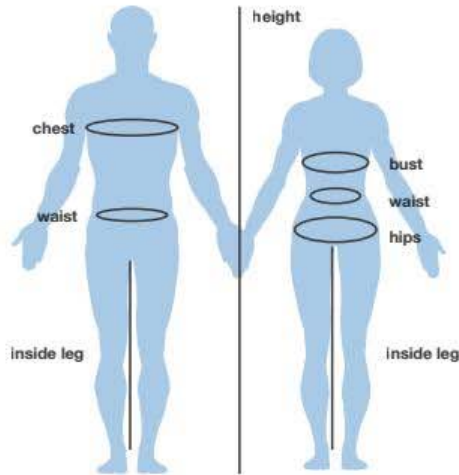
# SIZING

## Getting the right fit

All measurements refer to body size, not garment dimensions. These charts are only a guide, few people will be the exact sizes shown. Visit your local retailer and try the gear on to be sure of a good fit.

### Kids

Height is the most important measurement when buying for children. The age ranges are provided as a guide.



**Inside leg**—Measure from your ankle bone to your groin.

**Chest**—Measure horizontally under the armpits around the fullest part of your chest and shoulder blades.

**Bust**—Measure horizontally round the fullest part of your bust.

**Waist**—Measure the waist circumference at the smallest part of your waist, often at the belly button. For most women this is about an inch above the belly button.

**Hips**—Measure the fullest part of your hips.

## Professional centre gear sizing

Professional garments for clubs, centres and commercial users are colour coded according to size, to make fitting easy for centre or commercial use. There are five sizes of PFD and seven sizes of outerwear and layering to fit the same range of sizes.



### Professional centre PFDs

	XXS	XS/S	M/L	XL/XXL	3XL/4XL
Chest	70–80 cm 28–31"	75–90 cm 30–35"	90–110 cm 35–43"	110–135 cm 43–53"	135–150 cm 53–59"
Weight	25–≤50 kg 55–≤110 lb	40–≤60 kg 88–≤132 lb	50–>70 kg 110–>154 lb	>70 kg >154 lb	>70 kg >154 lb

### Professional outerwear & neoprene

	XXS (KL)	XS (KXL)	S	M	L	XL	XXL
Height	146–158 cm 4'9–5'2"	158–170 cm 5'2–5'7"	170–174 cm 5'7–5'9"	174–178 cm 5'9–5'10"	178–182 cm 5'10"–6'	182–186 cm 6'–6'1"	186–190 cm 6'1–6'3"
Chest	74–80 cm 29–31"	80–86 cm 31–34"	86–94 cm 34–37"	94–102 cm 37–40"	102–110 cm 40–43"	110–118 cm 43–46"	118–126 cm 46–50"
Waist	64–68 cm 25–27"	68–72 cm 27–28"	72–80 cm 28–31"	80–88 cm 31–35"	88–96 cm 35–38"	96–104 cm 38–41"	104–112 cm 41–44"
Inside leg	64–70 cm 25–28"	70–76 cm 28–30"	76–78 cm 30–31"	78–80 cm 31"	80–82 cm 31–32"	82–84 cm 32–33"	84–86 cm 33–34"