

WETSUIT FITTING GUIDE

SIZE CHART & FITTING:

THE GUL FIT:

Gul continues to develop its fit and sizing. One of the most important factors when buying technical apparel is the fit. If the garment doesn't fit correctly, if it isn't comfortable, it won't perform to its' designed capability. When it comes to wetsuits if the suit fits too loose, there will be cold water entering and you'll never stay warm. A suit which is too small or large can also cause a rash. Guls' 50+ years of wetsuit design and engineering helps ensure an excellent fit.

HOW A WETSUIT WORKS:

A wetsuit creates a barrier against nature's extreme elements by utilising the insulating properties of closed cell neoprene. Neoprene is a closed cell foam made up from thousands of tiny air bubbles known as cells. The air within these tiny cells creates a barrier which slows down the conduction of heat and allows your body heat to be retained.

NEOPRENE:

Guls' focus is to use the world's best neoprene and fabric innovations available. All materials used in the range are manufactured to Guls' specifications in order to have the right combination of warmth, strength, flexibility and durability. Gul has its own QC inspectors at the factory source who remove and reject any neoprene which comes below Guls' superior standards.

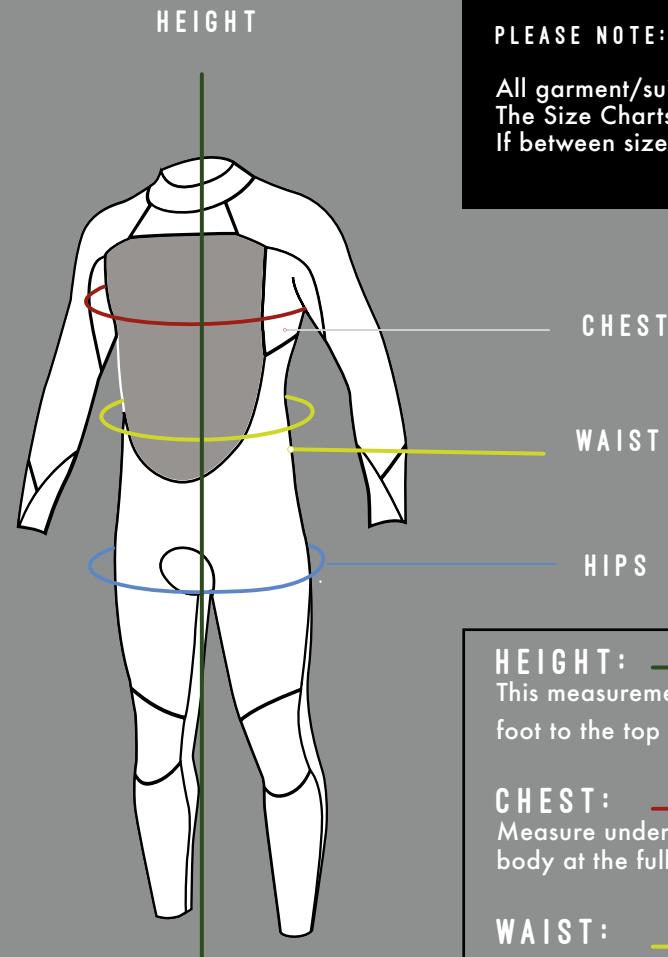
NEOPRENE THICKNESS:

The thickness of the neoprene utilised in a wetsuit determines the warmth and flexibility. A thick wetsuit provides maximum insulation but can inhibit the flexibility. A thin wetsuit will be very flexible but can affect the thermal insulation properties. The key is to get the right combination of warmth and flexibility so that you stay warm, but also provides maximum flexibility.

WETSUIT MEASUREMENTS

PLEASE NOTE:

All garment/suits not offered in all sizes. The Size Charts are for general guidelines only. If between sizes, always go up a size!



HEIGHT: _____
This measurement is from the bottom of your foot to the top of your head

CHEST: _____
Measure under the arms all the way round the body at the fullest part of your chest

WAIST: _____
Measure around your waistline

HIPS: _____
Measure around the widest part of the hips

WETSUIT SIZE CHARTS

Mens, Ladies & Junior

MENS WETSUITS

Size	S	MS	MST	M	MT	ML	LS	L	LT	XL	XLT	XXL	XXLT
Height	5'4" - 5'6" (162 - 167cm)	5'6" - 5'8" (167 - 172cm)	5'10" - 6' (177 - 182cm)	5'8" - 5'10" (172 - 177cm)	5'10" - 6' (177 - 182cm)	5'10" - 6' (177 - 182cm)	5'8" - 5'10" (172 - 177cm)	5'10" - 6' (177 - 182cm)	6' - 6'2" (182 - 188cm)	5'11" - 6'1" (180 - 185cm)	6'1" - 6'3" (185 - 190cm)	6'0" - 6'2" (183 - 188cm)	6'3" - 6'5" (190 - 195cm)
Waist	27" - 29" (69 - 74cm)	29" - 31" (74 - 79cm)	29" - 31" (74 - 79cm)	31" - 33" (79 - 84cm)	31" - 33" (79 - 84cm)	33" - 35" (84 - 89cm)	35" - 37" (89 - 94cm)	35" - 37" (80 - 94cm)	35" - 37" (80 - 94cm)	37" - 39" (94 - 99cm)	37" - 39" (94 - 99cm)	39" - 40" (99 - 102cm)	39" - 40" (99 - 102cm)
Chest	34" - 36" (86 - 91cm)	36" - 38" (91cm - 97cm)	36" - 38" (91 - 97cm)	38" - 40" (97 - 102cm)	38" - 40" (97 - 102cm)	40" - 42" (102 - 107cm)	42" - 44" (107cm - 112cm)	42" - 44" (107 - 112cm)	42" - 44" (107 - 112cm)	44" - 46" (112 - 117cm)	44" - 46" (112 - 117cm)	46" - 48" (117 - 122cm)	46" - 48" (117 - 122cm)

LADIES WETSUITS

UK	8	10	10T	12	12T	12/14	14	16	18	20	22
USA	4	6	6	8	8	8/10	10	12	14	16	18
Euro1	36	38	38	40	40	40/42	42	44	46	48	50
Euro2	34	36	36	38	38	38/40	40	42	44	46	48
ITA	38	40	40	42	42	42/44	44	46	48	50	52
Height	5'4" - 5'5" (160 - 165cm)	5'5" - 5'6" (165 - 167cm)	5'6" - 5'7" (167 - 170cm)	5'6" - 5'7" (167 - 170cm)	5'7" - 5'8" (170 - 173cm)	5'6" - 5'7" (167 - 170cm)	5'7" - 5'8" (170 - 173cm)	5'8" - 5'9" (173 - 176cm)	5'8.5" - 5'9.5" (174 - 177cm)	5'9" - 5'10" (176 - 177cm)	5'10" - 5'11" (177cm - 180cm)
Waist	22" - 24" (56 - 61cm)	24" - 26" (61 - 66cm)	24" - 26" (61 - 66cm)	26" - 28" (66 - 71cm)	26" - 28" (66 - 71cm)	26" - 28" (66 - 71cm)	28" - 30" (71 - 76cm)	30" - 32" (76cm - 81cm)	32" - 34" (81cm - 86cm)	34" - 36" (86cm - 91cm)	36" - 38" (91 - 97cm)
Chest	30" - 32" (76 - 81cm)	32" - 34" (81 - 86cm)	32" - 34" (81 - 86cm)	34" - 36" (86 - 91cm)	34" - 36" (86 - 91cm)	34" - 36" (86 - 91cm)	36" - 38" (91 - 97cm)	38" - 40" (97 - 102cm)	40" - 42" (102 - 107cm)	42" - 44" (107cm - 112cm)	44" - 46" (112cm - 117cm)

Euro 1:
France
Spain,
Belgium
Portugal

Euro 2:
Sweden
Denmark
Austria
Netherlands
Czech Republic

THE SIZE CHARTS ARE FOR GENERAL GUIDELINES ONLY.
IF IN BETWEEN SIZES... ALWAYS GO UP!

JUNIOR WETSUITS

Size	T0	T1	T2	T3	JXXXS	JXXS	JXS	JS	JM	JL	JXL
Age	0-1	1-2	2-3	3-4	4-5	5-6	7-8	9-10	11-12	13-14	14+
Height	2'5" (74cm)	2'10" (88cm)	3'3" (99cm)	3'5" (104cm)	3'10" (116cm)	4'1" (124cm)	4'4" (132cm)	4'7" (140cm)	4'10" (146cm)	5'1" (154cm)	5'4" (162cm)
Waist	17" (43cm)	18" (46cm)	19" (48cm)	20" (51cm)	20" (51cm)	21" (53cm)	22" (56cm)	23" (58cm)	24" (61cm)	26" (66cm)	28" (71cm)
Chest	18" (46cm)	19" (48cm)	20" (51cm)	21" (53cm)	23" (58cm)	4" (61cm)	26" (66cm)	28" (71cm)	29" (74cm)	31" (79cm)	33" (84cm)
Hips	20" (50cm)	21" (53cm)	21" (53cm)	22" (56cm)	22" (56cm)	23" (58cm)	24" (61cm)	26" (66cm)	28" (71cm)	29" (74cm)	31" (79cm)

DRYSUIT SIZE CHARTS *Mens, Ladies & Junior*

MEN'S DRYSUITS

Size	S	M	MB	L	XL	XXL
Height	5'5" - 5'8" (165 - 172.5cm)	5'7" - 5'11" (170 - 180cm)	5'7" - 5'11" (170 - 180cm)	5'10" - 6'2" (178 - 188cm)	6'1" - 6'4" (185.5 - 193cm)	6'3" - 6'5" (190 - 195.5cm)
Waist	28" - 30" (71 - 76cm)	32" - 34" (81 - 86cm)	36" - 38" (91.5 - 96.5cm)	34" - 36" (86 - 91.5cm)	36" - 38" (91.5 - 96.5cm)	38" - 40" (96 - 101.5cm)
Chest	35" - 38" (89 - 96.5cm)	38" - 41" (96cm - 104cm)	44" - 47" (112 - 119cm)	41" - 44" (104 - 112cm)	44" - 47" (112 - 119cm)	47" - 50" (119 - 127cm)

LADIE'S DRYSUITS

SIZE	S	M	L
UK	8-10	12-14	16-18
USA	4-6	12-14	16-18
Euro1	36-38	38	38
Euro2	34-36	36	36
ITA	38-40	40	40
Height	5'1" - 5'7" (155 - 170cm)	5'6" - 5'11" (167.5 - 180cm)	5'8" - 6" (172.5 - 183cm)
Waist	24" - 28" (61 - 71cm)	28" - 32" (71 - 81cm)	32" - 36" (81 - 91cm)
Chest	32" - 36" (81 - 91cm)	36" - 40" (91 - 102cm)	40" - 44" (102 - 112cm)

JUNIOR DRYSUITS

Size	JXS	JS	JM	JL
Height	4'5"-4'10" (134-147cm)	4'9"-5'2" (145-157cm)	5'1"-5'6" (155-167cm)	5'6" (167cm)
Waist	21.5"-22.5" (55-57.5cm)	22.5"-24.5" (57.5-62.5cm)	24.5"-26.5" (62.5-67.5cm)	26.5"-28.5" (67.5-70cm)
Chest	26"-28" (66-71cm)	28"-30" (71-76cm)	30"-32" (76-81cm)	32"-34" (81-86cm)

MARINE SIZE CHARTS

MENS JACKETS / SPRAYTOPS

Size	XS	S	M	L	XL	XXL
Waist	28" - 30" (71 - 76 cm)	30" - 32" (76 - 81 cm)	32" - 34" (81 - 86 cm)	34" - 36" (86 - 91.5 cm)	36" - 38" (91.5 - 96.5 cm)	38" - 40" (96 - 101.5 cm)
Chest	32" - 35" (81 - 89 cm)	35" - 38" (89 - 96.5 cm)	38" - 41" (96 - 104 cm)	41" - 44" (104 - 112 cm)	44" - 47" (112 - 119 cm)	47" - 50" (119 - 127 cm)

JUNIOR SPRAYTOPS

Size	JXS	JS	JM	JL
Chest	24" - 26" (61 - 66 cm)	26" - 28" (66 - 71 cm)	28" - 30" (71 - 76 cm)	30" - 32" (76 - 81 cm)

LADIES JACKETS / SPRAYTOPS

Size	8	10	12	14	16	18
Euro1	36	38	40	42	44	46
Euro2	34	36	38	40	42	4
USA	4	6	8	10	12	14

HIKEPANTS

Size	S	M	L	XL	XXL	XXXL
Height	5'6" - 5'8" (167 - 172 cm)	5'8" - 5'10" (172 - 177 cm)	5'10" - 6" (177 - 182 cm)	5'11" - 6'1" (180 - 185 cm)	6' - 6'2" (182 - 188 cm)	6'2" - 6'3" (188 - 191 cm)
Chest	36" - 38" (91 - 97 cm)	38" - 40" (97 - 102 cm)	41" - 43" (104 - 109 cm)	44" - 46" (112 - 117 cm)	47" - 49" (120 - 125 cm)	50" - 52" (127 - 132 cm)
Waist	29" - 31" (74 - 79 cm)	31" - 33" (79 - 84 cm)	35" - 37" (89 - 94 cm)	37" - 39" (94 - 99 cm)	39" - 40" (99 - 102 cm)	40" - 41" (102 - 104 cm)
Hips	34" - 36" (86 - 91 cm)	36" - 38" (91 - 97 cm)	40" - 42" (102 - 107 cm)	42" - 44" (107 - 112 cm)	44" - 46" (112 - 117 cm)	46" - 48" (117 - 122 cm)

HARNES & HIKE

HARNES

Size	JL	S-M	L-XL	XXL
Height	5'2" - 5'6" (158 - 167.5 cm)	5'5" - 5'11" (165 - 180 cm)	5'10" - 6'4" (178 - 193 cm)	6'1" - 6'5" (185.5-195.5 cm)
Waist	27"-30" (69-30 cm)	30"-34" (76-86 cm)	34"-38" (86-96.5cm)	38"-40" (96.5-101.5 cm)

JUNIOR HIKE

Size	JXS (7-8)	JS (9-10)	JM (11-12)	JL (13-14)
Height	4'4" - 4'7" (132 - 140 cm)	4'7" - 4'10" (140 - 146 cm)	4'10" - 5'1" (146 - 154 cm)	5'1" - 5'4" (154 - 162 cm)
Chest	26" - 28" (66 - 71 cm)	28" - 30" (71 - 76 cm)	29" - 31" (74 - 79 cm)	31" - 33" (79 - 84 cm)
Waist	22" - 23" (56 - 58 cm)	23" - 25" (58 - 64 cm)	24" - 26" (61 - 66 cm)	26" - 28" (66 - 71 cm)
Hips	24" - 26" (61 - 66cm)	26" - 28" (66 - 71cm)	28" - 30" (71 - 76 cm)	29" - 31" (74 - 79 cm)

RASHVEST SIZE CHARTS *Mens, Ladies & Junior*

MENS RASHVEST

Size	S	M	L	XL	XXL
Chest	34" - 36"	36" - 38"	38" - 40"	40" - 42"	42" - 44"

MENS LEGGINGS/SHORTS

Size	S	M	L	XL	XXL
Waist	30" - 32"	32" - 34"	34" - 36"	36" - 38"	38" - 40"

LADIES RASHVEST

Size	8	10	12	14	16	18
Euro1	36	38	40	42	44	46
Euro2	34	36	38	40	42	44
USA	4	6	8	10	12	14
Chest	30" - 32" (76-81cm)	32" - 34" (81-86cm)	34" - 36" (86-91cm)	36" - 38" (91-97cm)	38" - 40" (97-104cm)	40" - 42" (102-107cm)

JUNIOR RASHVEST

Size	JS	JM	JL	JXL
Age	5-6	7-8	9-10	11-12
Chest	24" (61 cm)	26" (66 cm)	28" (71 cm)	30" (76 cm)

ACCESSORIES *Hoods, Helmets & Gloves*

HOODS

Size	XS	S	M	L	XL
CM	54 - 55 cm	55 - 56 cm	56 - 58 cm	58 - 60 cm	60 - 62 cm

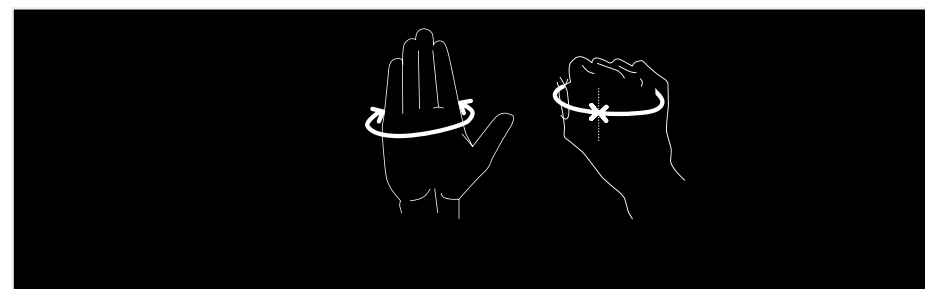
HELMETS

Size	J	S-M	L	Size	S-M	M-L	L-XL
CM	50-56 cm	54-60cm	58-62 cm	CM	52-58 cm	54-60cm	56-62 cm

GLOVES

Size	JXS	JS	JM	JL	S	M	L	XL
CM	13-14cm	14-15cm	15-16.5cm	16.5-17.5cm	17.5-19cm	19.0-21.5cm	21.5-24cm	24-27cm
Inches	5-5.5"	5.5-6"	6-6.5"	6.5-7"	7-7.5"	7.5 - 8.5"	8.5-9.5"	9.5-10.5"

GLOVE FITTING



Gul gloves are sized according to width. To work out your size, we recommend you measure the dominant hand. For example your right hand if you are right handed, this will typically be larger. Using a tape measure, wrap the tape around your hand just below your knuckle this will be the widest part, make a fist, this should provide you with your size.

BOUYANCY AID SIZE CHARTS

EV02 (GM0382)

Size	XS (JNR)	S	M	L	XL	XXL
Weight (KG)	30-40	40-50	50-60	60-70	70-90	90+
Chest (CM)	65-80	75-95	90-105	110-115	115-120	120-140
Buoyancy (N)	35	40	40	45	50	50

CODE ZERO (GM0379)

Size	JNR	S	M	L	XL	XXL	XXXL
Weight (KG)	30-40	40-60	60-70	70+	70+	70+	70+
Chest (CM)	80-90	90-95	95-105	105-115	115-125	125-135	135-145
Buoyancy (N)	35	40	45	50	50	50	50

BOUYANCY AID SIZE CHARTS

GARDA 50N (GM0002/ GM0162)

Size	JNR	S	M	L	XL
Weight (KG)	30-40	40-60	60-70	70+	70+
Chest (CM)	76-86	86-96	96-106	106-116	116-127
Buoyancy (N)	50	50	50	50	50

GAMMA 50N (GM0380)

Size	JS	JNR	S	M	L	XL	XXL
Weight (KG)	30-40	40-50	50-60	60-70	70-90	90+	90+
Chest (CM)	90-105	105-110	110-115	115-120	120-140	125-150	145-160
Buoyancy (N)	35	40	40	45	50	50	50

DARTMOUTH 100N (GM0346)

Size	BABY	TODDLER	CHILD	JUNIOR
Weight (KG)	10-15	15-20	20-30	30-40
Chest (CM)	<57	57-65	65-70	65-77
Buoyancy (N)	30	30	40	50

REC VEST (GK0007)

Size	JNR	S-M	L-XL
Weight (KG)	30-40	40-70	70+
Chest (CM)	76-86	86-106	106-127
Buoyancy (N)	35	45	50

ACCESSORIES

FOOTWEAR ADULT & JUNIOR

UK	J1	J2	J3	4	5	6	7	8	9	10	11	12	13
EU	34	35	36	37	38	39.5	40.5	42	43	44.5	46	47	48

JUNIOR FOOTWEAR

SIZE	JS	JM	JL	JXL	JXXL
UK	9-10	10-11	12-13	1-2	3-4
Length	16.5cm	18cm	20cm	21.5cm	23cm

SOCKS

Size	S	M	L	XL
UK	6/7	7/8	8/9	9/10
European	39-40	40-42	42-43	43-44.5

JUNIOR AQUASHOE

UK	J6	J7	J8	J9	J10	J11	J12	J13	J1	J2	J3	J4	J5
EU	23	24	25.5	26.5	28	29	30.5	32	34	35	36	37	38