

SIZING

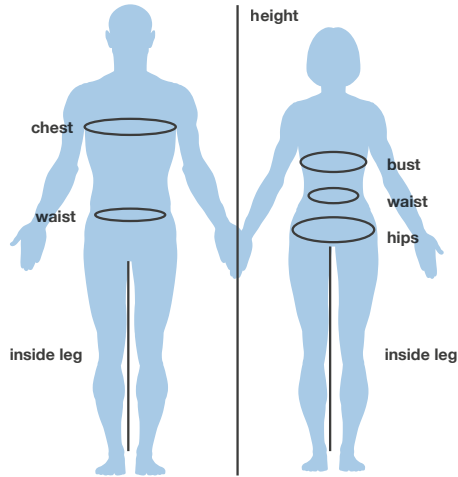
PALM

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

| | 3XS | XXS | XS/S | M/L | XL/XXL | 3XL/4XL |
|--------|----------------------|-----------------------|-----------------------|--------------------------|----------------------|----------------------|
| Chest | 55–780 cm 22–28" | 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 | 25–40 kg 55–88 lb | 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 |

| Rafter 120 / Rescue Universal |
|-------------------------------|
| S–4XL |
| 80–150 cm 32–59" |
| 40–>70 kg 88–>154 lb |

Professional outerwear & neoprene

| | 4XS (KS) | 3XS (KM) | XXS (KL) | XS (KXL) | S | M | L | XL | XXL |
|------------|-----------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|-----------------------|-----------------------|------------------------|
| 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" | 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 | 62–68 cm 24–27" | 68–74 cm 27–29" | 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 | 56–60 cm 22–24" | 60–64 cm 24–25" | 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 | 52–58 cm 20–23" | 58–64 cm 23–25" | 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" |

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

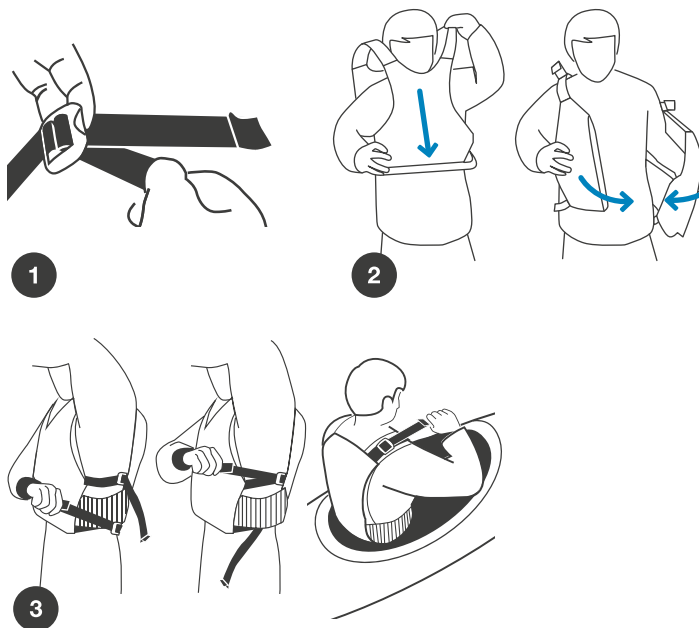
| | WXS/S | WM/L | WXL/XXL |
|--------|-----------------------|------------------------|--------------------------|
| Bust | 82–90 cm 32–35" | 90–98 cm 35–39" | 98–106 cm 39–44" |
| Weight | 40–60 kg 88–132 lb | 50–70 kg 110–154 lb | 60–>80 kg 132–>176 lb |

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.



Replacing a chest harness

For advice on rethreading and trimming a chest harness to size please refer to page 117.

Chest harness sizes

| | 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 |
|------------|------------------------|------------------------|-------------------------|-------------------------|-----------------------|-----------------------|-----------------------|-----------------------|------------------------|
| Euro | 42 | 44–46 | 48 | 48–50 | 48–50 | 50 | 50–52 | 52–54 | 56 |
| Height | 166–170 cm 5'5–5'7" | 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' | 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" |
| Chest | 78–86 cm 31–34" | 86–94 cm 34–37" | 94–102 cm 37–40" | 102–110 cm 40–43" | 94–102 cm 37–40" | 102–110 cm 40–43" | 102–110 cm 40–43" | 110–118 cm 43–46" | 118–126 cm 46–50" |
| Waist | 64–72 cm 25–28" | 72–80 cm 28–31" | 80–88 cm 31–35" | 88–96 cm 35–38" | 80–88 cm 31–35" | 88–96 cm 35–38" | 88–96 cm 35–38" | 96–104 cm 38–41" | 104–112 cm 41–44" |
| Inside leg | 74–76 cm 29–30" | 76–78 cm 30–31" | 78–80 cm 31–31" | 78–80 cm 31–31" | 80–82 cm 31–32" | 80–82 cm 31–32" | 82–84 cm 32–33" | 82–84 cm 32–33" | 84–86 cm 33–34" |

Women's

| | WXS | WS | WSR | WM | WL | WXL |
|------------|------------------------|------------------------|------------------------|------------------------|------------------------|-------------------------|
| UK | 8 | 10 | 10–12 | 12 | 14 | 16 |
| Euro | 36 | 38 | 38–40 | 40 | 42 | 44 |
| US | 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 | 62–68 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

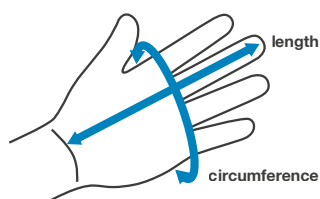
Height is the most important measurement when buying for children. The age ranges are provided as a guide.

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" |

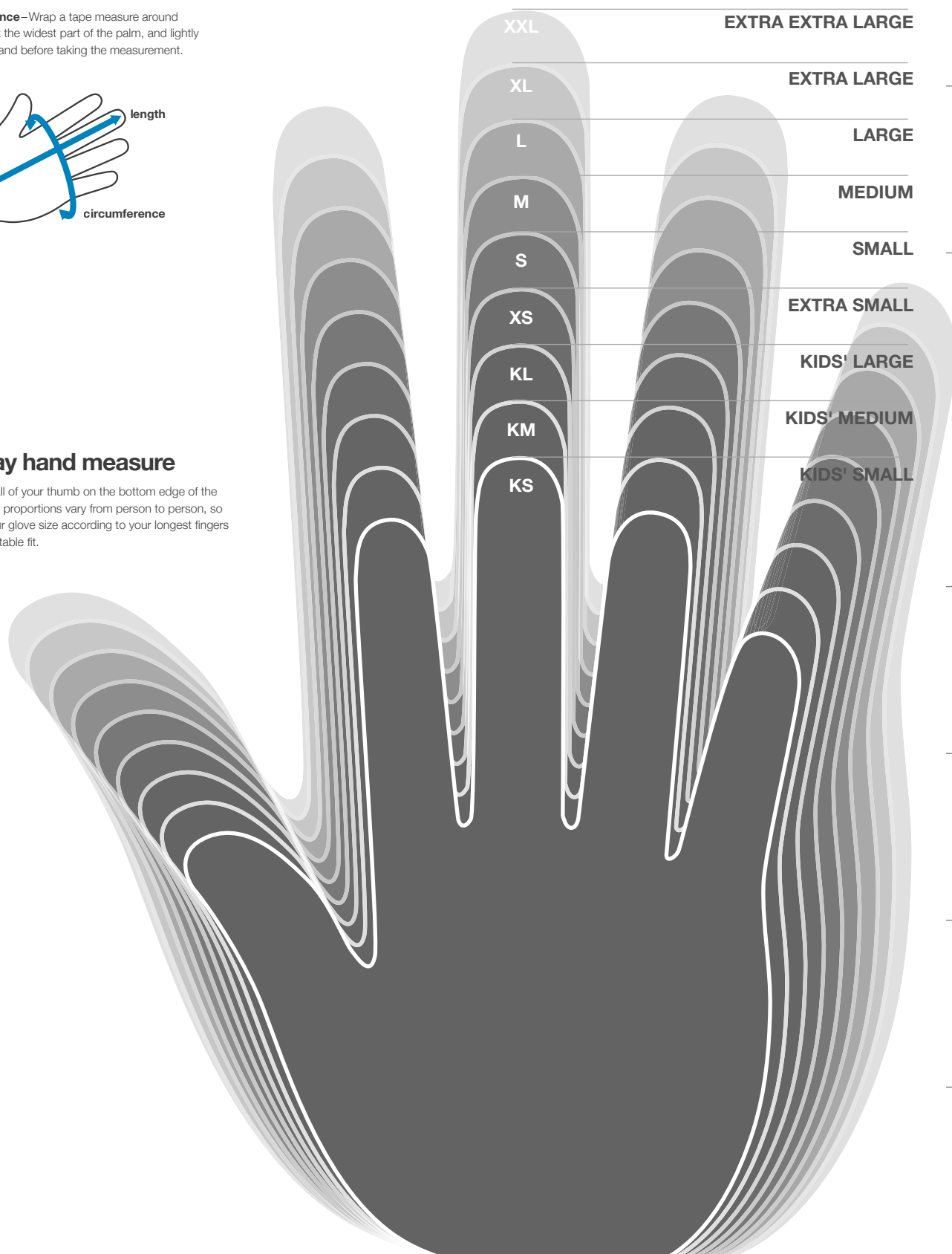
Length—Measure from the tip of your longest finger to the base of your palm at the wrist.

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

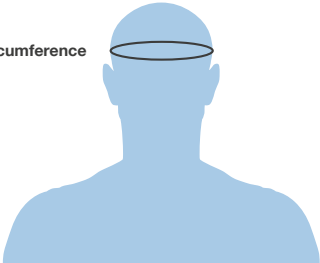
Place the ball of your thumb on the bottom edge of the page. Finger proportions vary from person to person, so estimate your glove size according to your longest fingers for a comfortable fit.



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

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

| | AP2000 | AP4000 | | Shuck | | |
|---------------|------------------------|--------------------|----------------------|----------------------|------------------------|------------------------|
| Size | ONE SIZE | S | L | S | M | L |
| Circumference | 52–58 cm 20.5–22.8" | 51–56 cm 20–22" | 56–60 cm 22–23.6" | 51–54 cm 20–21.3" | 55–58 cm 21.7–22.8" | 59–62 cm 23.2–24.4" |

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).

Open canoe paddles

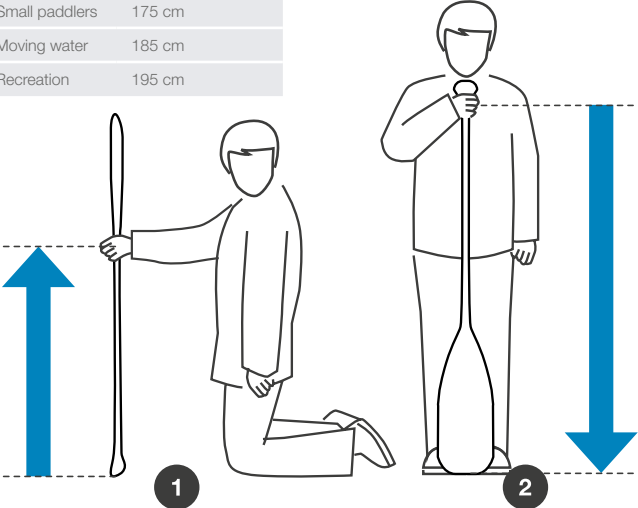
Your paddle size should ideally be determined by the shaft length, rather than the overall length, as canoe blades come in a variety of shapes and styles. There are two quick methods to determine a roughly appropriate length:

- 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.

| 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 |

| KIDS' MODEL | ACTIVITY | PADDLE LENGTH |
|-------------|----------------|---------------|
| Colt | Small paddlers | 175 cm |
| | 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.

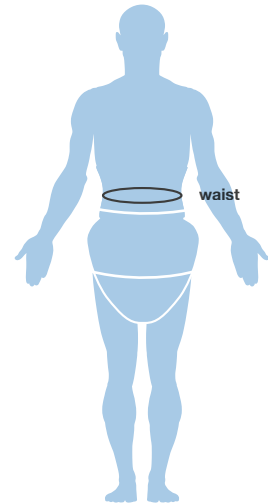
The easiest spraydeck to put on might not stay on the best or keep the most water out. Which is most important to you?

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.

KNytex, 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 | Slalom 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.

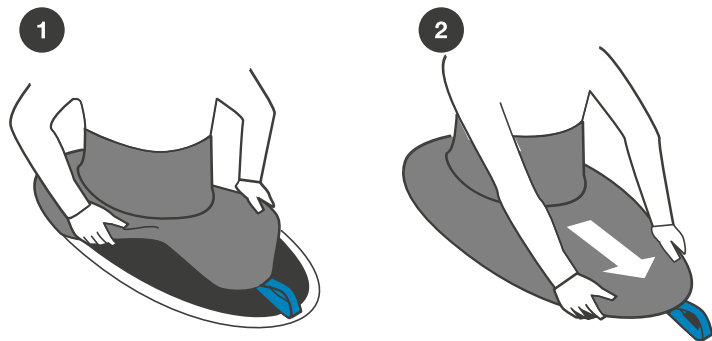
Sit in your kayak being careful to avoid sitting on the back of the spraydeck.

- 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.

