

BOOT SIZE CONVERSION CHART

AMERICAN SIZES		EUROPEAN SIZES
MEN/BOYS	LADIES	EVERYONE
9		26
9.5		27
10		27
10.5		28
11		29
11.5		29
12		30
12.5		31
13		31
13.5		32
1		33
1.5		33
2		34
2.5		35
3	4.5	35
3.5	5	36
4	5.5	36
4.5	6	37
5	6.5	38
5.5	7	38
6	7.5	39
6.5	8	40
7	8.5	40
7.5	9	41
8	9.5	42
8.5	10	42
9	10.5	43
9.5		44
10		44
10.5		45
11		45
11.5		46
12		47
12.5		47
13		48

SKI AND POLE LENGTH RECOMMENDATIONS

	HEIGHT	SKI	POLES
CHILDREN	3 FT 5	120	NONE
	3 FT 7	130	NONE
	3 FT 10	140	NONE
	4 FT	150	90
	4 FT 2	160	95
	4 FT 5	170	100
	4 FT 7	180	105
	4 FT 9	190	105
	4 FT 10	195	110
	5 FT 1	195	115
	5 FT 4	195	120
	5 FT 6	200	125
WOMEN	4 FT 9	185	110
	4 FT 11	185	115
	5 FT 1	190	120
	5 FT 3	190	125
	5 FT 5	195	130
	5 FT 7	200	135
	5 FT 9	205	140
MEN	5 FT 1	195	120
	5 FT 3	200	125
	5 FT 5	205	130
	5 FT 7	210	135
	5 FT 9	210	140
	5 FT 11	210	145
	6 FT 1	215	150
	6 FT 3	220	155

ALTERNATE METHODS OF MEASURING SKIS AND POLES:

Stand up straight. Ski tip should come to wrist or palm of hand with arm stretched comfortably over head. Pole handle should be touching underarm with tip on floor and arm stretched out to side.