

TWF – SOLA - Size and Fit Guide

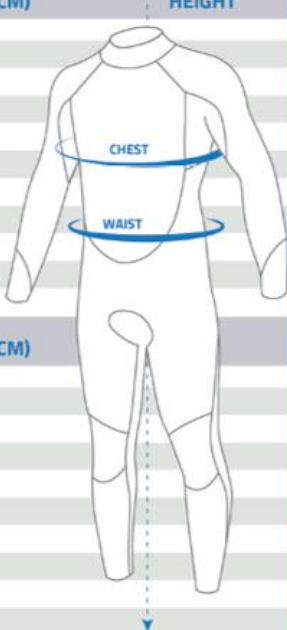
- Wetsuits should feel snug on and you will probably feel that range of motion is slightly reduced, this is normal. However, make sure breathing doesn't feel restricted.
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- Wetsuit fit should not be too loose. This would let water flow freely through the suit and would therefore lose all the benefits of the trapped water being warmed by your body.
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- For a correct wetsuit fit, wrists, ankles and neck should be snug.
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- The fit should not be too baggy in the underarm or leg area. Some bagginess at the small of the back is normal.

When sizing a suit for your child please measure the distance from the base of the neck (where the collar bones meet) on the front of the child to just underneath the crotch. Please be advised it is best that you base your size choice on this measurement regardless of approximate age.

Neck to crotch measurements are as follows:

NECK TO CROTCH	K02	K03	K04	K06	K07	K08	K09	K11	K12	K13	K15
	36cm	38cm	40cm	42cm	44cm	46cm	49cm	52cm	54cm	55cm	56cm

SOLA | SIZE CHART

MEN	HEIGHT (FT/CM)		CHEST(INCH)	CHEST(CM)	WAIST(INCH/CM)	HEIGHT
SML	5'4" - 5'6"	162 - 167	33 - 35	84 - 89	28" / 71	
MSM	5'6" - 5'8"	167 - 172	35 - 37	89 - 94	30" / 76	
MST	5'8" - 5'10"	172 - 177	35 - 37	89 - 94	30" / 76	
MED	5'8" - 5'10"	172 - 177	37 - 39	94 - 99	32" / 81	
MTL	5'10" - 6'0"	177 - 183	37 - 39	94 - 99	32" / 81	
MLG	5'10" - 6'0"	177 - 183	41 - 43	99 - 104	34" / 86	
LGE	6'0" - 6'2"	183 - 188	41 - 43	104 - 109	36" / 91	
XLG	6'2" - 6'4"	187 - 193	43 - 45	109 - 114	38" / 96	
XXL	6'3" - 6'5"	190 - 196	45 - 47	114 - 119	40" / 101	

LADIES	HEIGHT (FT/CM)		BUST(INCH)	BUST(CM)	WAIST(INCH/CM)	HEIGHT
6	5'1" - 5'3"	154 - 160	32 - 33	81 - 83	22 - 24 / 51 - 56	
8	5'2" - 5'5"	157 - 165	33 - 35	83 - 88	24 - 26 / 61 - 66	
8T	5'5" - 5'8"	165 - 172	33 - 35	83 - 88	24 - 26 / 61 - 66	
10	5'5" - 5'8"	165 - 172	35 - 37	88 - 94	26 - 28 / 68 - 71	
10T	5'7" - 5'10"	170 - 177	35 - 37	88 - 94	26 - 28 / 68 - 71	
12	5'7" - 5'10"	170 - 177	37 - 39	93 - 99	28 - 30 / 71 - 76	
12T	5'8" - 5'11"	172 - 180	37 - 39	93 - 99	28 - 30 / 71 - 76	
14	5'8" - 5'11"	172 - 180	39 - 41	99 - 104	29 - 31 / 74 - 79	
16	5'9" - 6'0"	172 - 182	41 - 43	104 - 109	30 - 32 / 76 - 81	
18	5'10" - 6'0"	177 - 185	43 - 45	109 - 114	31 - 34 / 79 - 84	

KIDS	AGE	CHEST(CM)	CHEST(INCH)	WAIST(CM)	WAIST(INCH)	INSIDE LEG(CM)	INSIDE LEG(INCH)
QXS	1-2	52	20.5	47	18.5	37.5	15
TXS	2-3	54	21.5	50	20	40	16
XXS	3-4	57	22.5	43.5	21	43.5	17
XSM	5-6	60	24	47	22	47	18.5
SML	7-8	63	25	51	23	51	20
MED	8-9	66	26	55	24	55	22
LGE	10-11	69	27	59.5	24.5	59.5	23.5
XLG	11-12	73	29	64	25.5	64	25.5
XXL	12-13	76	30	65	26	68.5	27
3XL	13-14	79	31	67	26.5	73	28.5

SIZE CHART



ADULTS WETSUITS	SIZE	SM	M	MT	ML	L	XL	2XL	3XL			
	CHEST (INCH)	34/36	36/38	36/38	38/40	40/42	42/44	44/46	46/48			
	CHEST (CM)	86/91	91/97	91/97	97/102	102/107	107/112	112/117	117/122			
	CODE	SML	MED	MTL	MLG	LGE	XLG	XXL	3XL			
	DRESS SIZE	10	12	12/14	14	16	18	20				
CODE	010	012	013	014	016	018	020					
CHILDRENS WETSUITS	CODE	K02	K03	K04	K06	K07	K08	K09	K11	K12	K13	K15
	AGE	1-2	2-3	3-4	5-6	6-7	7-8	8-9	10-11	11-12	12-13	13-15
	CHEST (CM)	52	54	56	58	62	64	68	72	77	80	85
	CHEST (INCH)	20.5	21.5	22	23	24.5	25	27	28.5	30.5	31.5	33.5
WETSHOE SIZES	CODE	UK SIZE	EU SIZE	CODE	UK SIZE	EU SIZE	CODE	UK SIZE	EU SIZE			
	022	4	22	030	12	30	040	6	40			
	023	5	23	031	13	31	041	7	41			
	024	6	24	033	1	33	042	8	42			
	025	7	25	034	2	34	043	9	43			
	026	8	26	036	3	36	044	10	44			
	027	9	27	037	4	37	045	11	45			
	028	10	28	038	5	38	046	12	46			
	029	11	29									