

Cross Country Ski Poles Sizing Chart

Skier Height	Classic Length (cm)	Skate Length (cm)	Touring Length (cm)
5'0"	125	135	120
5'1"	125	135	125
5'2"	130	140	125
5'3"	130	140	130
5'4"	135	145	130
5'5"	135	145	135
5'6"	140	150	140
5'7"	140	150	140
5'8"	145	155	140
5'9"	145	155	145
5'10"	150	160	145
5'11"	150	160	150
6'0"	155	165	150
6'1"	155	165	155
6'2"	160	170	155
6'3"	160	170	160
6'4"	165	175	160
6'5"	165	175	165
6'6"	175	175	165

Youth Cross Country Ski Poles Sizing Chart

Skier Height	Classic Length (cm)	Skate Length (cm)	Touring Length (cm)
3'6"	85	95	85
3'9"	90	100	90
4'0"	95	105	95
4'3"	100	110	100
4'6"	105	115	105
4'7"	110	120	110
4'8"	115	125	110
4'9"	115	125	115
4'10"	120	130	115
4'11"	120	130	120
5'0"	125	135	120

Approximate Ski Length chart (flex testing is preferred)

SKIER WEIGHT	CLASSIC SKI LENGTH	SKATE SKI LENGTH
100 - 110 lbs	<u>180 - 190 cm</u>	<u>170-180 cm</u>
110 - 120 lbs	<u>182 - 192 cm</u>	<u>172-182 cm</u>
120 - 130 lbs	<u>185 - 195 cm</u>	<u>175-185 cm</u>
130 - 140 lbs	<u>187 - 200 cm</u>	<u>177-187 cm</u>
140 - 150 lbs	<u>190 - 205 cm</u>	<u>180-190 cm</u>
150 - 160 lbs	<u>195 - 210 cm</u>	<u>185-195 cm</u>
160 - 180 lbs	<u>200 - 210 cm</u>	<u>190-200 cm</u>
>180 lbs	<u>205 - 210 cm</u>	<u>190-200 cm</u>

Cross Country Boot Size Conversion

US Mens Shoe Size	US Womens Shoe Size	US Kids Size	Euro Size
-	4	4	35
-	4-1/2	4-1/2	35-1/2
4	5	5	36
4-1/3	5-1/3	5-1/2	36-1/2
4-1/2	5-1/2	6	37
5	6	6-1/2	37-1/2
5-1/2	6-1/2	7	38
5-2/3	6-2/3	7-1/2	38-1/2
6	7	8	39
6-1/2	7-1/2	-	39-1/2
7	8	-	40
7-1/2	8-1/2	-	40-1/2
8	9	-	41
8-1/3	9-1/3	-	41-1/2
8-1/2	9-1/2	-	42
9	10	-	42-1/2
9-1/2	10-1/2	-	43
9-2/3	10-2/3	-	43-1/2
10	11	-	44
10-1/2	11-1/2	-	44-1/2
11	12	-	45
11-1/2	12-1/2	-	45-1/2
12	13	-	46
12-1/3	-	-	46-1/2
12-1/2	-	-	47
13	-	-	47-1/2
13-1/2	-	-	48