



LAKE DISTRICT ACTIVITIES
with
— LAKELAND ASCENTS —

SIZE CHART - ADULTS

Size	Height		Chest		Approx womens equivalent
S	167 - 172cm	5'6 - 5'8	86 - 91cm	34 - 36"	10
M	170 - 177cm	5'7 - 5'10	91 - 102cm	36 - 40"	12 - 14
L	177 - 182cm	5'10 - 6'0	107 - 112cm	42 - 44"	14 - 16
XL	182 - 187cm	6'0 - 6'2	112 - 117cm	44 - 46"	16 - 18
XXL	183 - 191cm	6'0 - 6'4	117 - 124cm	47 - 49"	

SIZE CHART - JUNIORS

Size	Height		Chest	
8	129 - 138cm	4'3 - 4'6	60 - 65cm	24 - 26"
10	138 - 135cm	4'6 - 4'9	68 - 71cm	27 - 29"
12	145 - 152cm	4'9 - 5'0	71 - 76cm	28 - 30"
14	152 - 160cm	5'0 - 5'3	76 - 81cm	30 - 32"
16	160 - 167cm	5'3 - 5'6	81 - 86cm	32 - 34"
18	163 - 170cm	5'4 - 5'7	83 - 89cm	33 - 35"



lakedistrictactivities.co.uk



facebook.com/lakedistrictactivities.co.uk



instagram.com/lakedistrictactivities.co.uk