



# LAKE DISTRICT ACTIVITIES

with

## — LAKELAND ASCENTS —

**Tips:**

- Prioritise chest size over height
- Don't worry if you think the size is too long or too short – go for chest size
- If in between sizes, size down (wetsuits are supposed to be tight)
- For smaller adults and dress sizes 8 to 10, see the second table
- Not all wetsuit brands fit the same, so if you have worn a medium before, this doesn't mean that our size medium is the right one for you – use the table below.

### SIZE CHART – ADULTS (UNISEX)

Size	Chest (Prioritise this)		Height <i>(Don't worry too much about height – prioritise chest size)</i>		Approx dress size equivalent
S	86 - 91cm	167 - 172cm	5'6 - 5'8	34 - 36"	Size: 12 (see table below for smaller)
M	91 - 102cm	170 - 177cm	5'7 - 5'10	36 - 40"	Size: 14
L	107 - 112cm	177 - 182cm	5'10 - 6'0	42 - 44"	Size: 16
XL	112 - 117cm	182 - 187cm	6'0 - 6'2	44 - 46"	Size: 18
XXL	117 - 124cm	183 - 191cm	6'0 - 6'4	47 - 49"	

### SIZE CHART – JUNIORS & SMALLER PEOPLE (UNISEX)

Size	Chest (Prioritise this)		Height <i>(Don't worry too much about height – prioritise chest size)</i>		Approx dress size equivalent
J8	60 - 65cm	129 - 138cm	4'3 - 4'6	24 - 26"	
J10	68 - 71cm	138 - 135cm	4'6 - 4'9	27 - 29"	
J12	71 - 76cm	145 - 152cm	4'9 - 5'0	28 - 30"	
J14	76 - 81cm	152 - 160cm	5'0 - 5'3	30 - 32"	Size: 8
J16	81 - 86cm	160 - 167cm	5'3 - 5'6	32 - 34"	Size: 10
J18	83 - 89cm	163 - 170cm	5'4 - 5'7	33 - 35"	Size: a small 12