

Katahdin Gear Library Sizing Guide

Ski Poles	
Height	Pole Length
3'9" and shorter	85 cm
3'10" – 3'11"	90 cm
4' – 4'1"	95 cm
4'2" – 4'3"	100 cm
4'4" – 4'5"	105 cm
4'6" – 4'7"	110 cm
4'8" – 4'9"	115 cm
4'10" – 5'	120 cm
5'1" – 5'2"	125 cm
5'3" – 5'4"	130 cm
5'5" – 5'6"	135 cm
5'7" – 5'8"	140 cm
5'9" – 5'10"	145 cm
5'11" – 6'	150 cm
6'1" and taller	155 cm

Skis	
Height	Ski Length
3'3" and shorter	100 cm
3'4" – 3'5"	110 cm
3'6" – 3'8"	120 cm
3'9" – 3'10"	130 cm
3'11" – 4'	135 cm
4'1" – 4'2"	140 cm
4'3" – 4'4"	145 cm
4'5" – 4'6"	150 cm
4'7" – 4'8"	155 cm
4'9" – 4'10"	160 cm
4'11" – 5'	165 cm
5'1" – 5'2"	170 cm
5'3" – 5'4"	175 cm
5'5" – 5'6"	180 cm
5'7" – 5'8"	185 cm
5'9" – 5'10"	190 cm
5'11" – 6'	195 cm
6'1" and taller	200 cm

Ski Boots		
Youth Shoe Size		Boot Size
9		26
10		27
11		28
12		29
12.5		30
1		31
1.5		32
2		33
3		34
3.5		35
4		36
Men's Shoe Size	Women's Shoe Size	Boot Size
5	3.5	37
6	4.5	38
7	5.5	39
7.5	6	40
8	6.5	41
9	7.5	42
10	8.5	43
10.5	9	44
11	9.5	45
12	10.5	46
13	11.5	47
15	13.5	48