


Adult Ski Size Chart

How do you pick the correct ski size?

The truth is that there is no one perfect size ski for one skier. Factors such as height and weight provide an excellent starting point but there are other things to consider. Ski category, snow type, terrain and personal preference are just some of the things to take into account. The general rule is to pick a ski length that is somewhere **between your chin and the top of your head**. Advanced and expert skiers may choose skis that are slightly longer than head height.

Ski Sizing Chart

Skier Height in feet & inches	Skier Height in centimeters (cm)	Suggested Ski Lengths (cm)
4'4"	132	115-130
4'6"	137	125-140
4'8"	142	130-145
4'10"	147	135-150
5'	152	135-155
5'2"	158	145-165
5'4"	163	150-170
5'6"	168	155-175
5'8"	173	160-180
5'10"	178	165-185
6'	183	170-190
6'2"	188	175-195
6'4"	193	180-200



Reasons to size your skis shorter, closer to your chin:

- You are a beginner or intermediate skier.
- Your weight is lighter than average for your height.
- You like to make short, quick turns and seldom ski fast.
- You want a carving ski with only camber, no rocker.

Reasons to size your skis longer, closer to the top of your head:

- You are skiing fast and aggressively.
- You weigh more than average for your height.
- You plan to do the majority of your skiing off the trail.
- You plan to ski a twin-tip ski.
- You want a ski that has a lot of rocker.

Borrowed from <http://www.evo.com/how-to-choose-skis-size-chart-and-guide.aspx>