

# Cross Country (Nordic) Ski Fitting for Traditional/Touring/Recreational Skis

Skier Height	Ski Size	Pole Size	
<i>Feet</i>	<i>Cm.</i>		
2'11"	90	90	70
3'3"	100	110	80
3'7"	110	130	90
3'11"	120	140	95
4'3"	130	150	100
4'7"	140	160	105
4'9"	145	170	110
4'11"	150	180	115
5'1"	155	185	120
5'3"	160	190	125
5'5"	165	195	130
5'7"	170	200	135
5'9"	175	205	140
5'11"	180	210	145
6'1"	185	210	150
6'3"	190	215	155
6'5"	195	215	160

**Skis:** Ski length is 25-30 cm. longer than skier height. Skiers who are much heavier or lighter than average should use the next size longer or shorter accordingly.

**Poles:** Poles are 30-35 cm. shorter than skier height.

**Children:** We recommend children's skis be 10-30 cm. longer than the child's height. For very young skiers, ages 3-5, we recommend skis no longer than child's height.

Borrowed from <http://www.akers-ski.com>