

Body Harness Sizing

Men	XSmall	Small	Medium	Large	XLarge
Height	5' - 5' 2" 152 - 158 cm	5' 1" - 5' 3" 155 - 160 cm	5' 3" - 5' 5" 160 - 165 cm	5' 5" - 5' 11" 165 - 180 cm	6' - 6' 5" 183 - 198 cm
Weight	100 - 125 lbs 45 - 57 kg	125 - 140 lbs 57 - 63 kg	140 - 170 lbs 63 - 77 kg	170 - 220 lbs 77 - 100 kg	220 - 260 lbs 100 - 118 kg
Women	XSmall	Small	Medium	Large	
Height	4' 8" - 5' 142 - 152 cm	5' 1" - 5' 5" 155 - 165 cm	5' 6" - 5' 10" 167 - 178 cm	5' 11" - 6' 2" 180 - 188 cm	
Weight	80 - 105 lbs 36 - 48 kg	110 - 120 lbs 57 - 66 kg	125 - 145 lbs 50 - 54 kg	160 - 200 lbs 72 - 91 kg	