

SIZE TABLE

Ski Sizes

Skier Height in cm	Skier Height in inches	Suggested Length of Ski in cm	Suggested Length of Pole in cm
147	4.10	135-155	105
152	5.0	140-160	105
158	5.2	145-165	110
163	5.4	150-170	115
168	5.6	155-175	115
173	5.8	160-180	120
178	5.10	165-185	125
183	6.0	170-190	125
188	6.2	175-195	130
193	6.4	180+	135