

Paddle Sports Sizing Chart

Canoe Paddles

Torso Length (in)	Approximate Height (ft)	Paddle Length (in)
24"	<5' 6"	48"
28"	5' 6" – 5' 10"	54"
30"	5' 11" - 6' 2"	57"
34"	>6' 2"	60"

Kayak Paddles

Height of Individual	Paddle Length (cm)
< 5'6"	220
5'6" – 6'	230
>6'	240

Lifejackets

Chest Size (in)	Approximate Weight (lbs)	Lifejacket Size
20-25	30-50	Child
24-29	50-90	Youth
29.5 – 31.5	88 – 132	XS
31.5 – 34.5	88 – 132	S
34.5 – 37.4	132 – 154	M
37.4 – 43.3	154+	L
43.3 – 46.4	154+	XL
46.4 – 49	154+	XXL