



Zhik Size Chart

Men & Unisex– Marine Garment

Sizes		XXXS	XXS	XS	S	M	L	XL	XXL	XXXL
Height	cm	132 – 147	137 – 157.5	147 – 167.5	147 – 183	152.5 – 188	157.5 – 193	162.5 – 198	173 – 198	178 – 198
	inches	52 – 58	54 – 62	58 – 66	58 – 72	60 – 74	62 – 76	64 – 78	68 – 78	70 – 78
Weight	kg	30 – 35	40 – 45	50 – 55	55 – 65	65 – 75	75 – 85	85 – 100	100 – 120	120 – 130
	lbs	66 - 77	88 - 99	110 - 121	121 - 143	143 - 165	165 - 187	187 - 220	220 - 264	264 - 286
Powerpads Guide*		1	2	2 – 3	3	4	5	6	6	7

Women – Marine Garment

Sizes		XS	S	M	L	XL
Height	cm	147 – 162.5	147 – 173	157.5 – 183	157.5 – 188	162.5 – 188
	inches	58 – 64	58 – 68	62 – 72	62 – 74	64 – 74
Weight	kg	40 – 50	50 – 60	60 – 70	70 – 80	80 – 100
	lbs	88 – 110	110 – 132	132 – 154	154 – 176	176 – 220
Powerpads Guide*		2	2 – 3	3	4	5 – 6

***Powerpad fitting guide:**

- Fit firm and tight – the Powerpads sleeve should sit firmly several centimeters above the knee, this means the battens will stay in place. Once wet and out on the water you will appreciate the extra tightness. Pull them up high...
- If possible, it is best if customers try the Powerpads on to make sure the fit is tight – VR offers a comprehensive returns policy so let us know if they don't fit snugly!
- The guide is only a guide – everyone's body is unique. Powerpads are tailored to your individual needs and you can mix and match with any suit size with any Powerpad size.
- Finally, all Zhik suits are designed to work with the Powerpads. Choose from the Hybrid, Microfleece or Superwarm suit ranges – remember that the Powerpads are designed to work UNDER the suit.



Boots

Zhik Boot	3	4	5	6	7	8	9	10	11	12	13
Zhik Barefoot Boot	XS	XS	XS	S	S	M	M	L	L	XL	XL
UK – Mens	3	4	5	6	7	8	9	10	11	12	13
UK - Womens	2.5	3.5	4.5	5.5	6.5	7.5	8.5	9.5	10.5	11.5	12.5
Euro	35	36	37.5	38.5	40	42	43	44	45	46.5	47.5

Buoyancy Aids/ PFD's

Sizes		XS	S	M	L	XL
Chest	cm	70 – 80	80 – 90	80 – 100	90 – 100	100 – 110
	inches	27.5 – 31.5	31.5 – 35.5	31.5 – 39.5	35.5 – 39.5	39.5 – 43.5
Weight	kg	40 - 50	50 - 70	70+	70+	70+
Newtons	N	40	45	50	50	50

Gloves

Sizes	6	7	8	9	10	11
Palm Width/cm	7.5	8.5	9	9.5	10	10.5