

# HIKERS SIZE GUIDE

		<b>HEIGHT</b>									
		1.2m	1.3m	1.4m	1.5m	1.6m	1.7m	1.8m	1.9m	>1.9m	
<b>BUILD</b>	SMALL/SLIM BUILD	0	0	1	1	2	2 or 3	2 or 3	3	3 or 4	
	REGULAR/MUSCULAR	0	0	1	2 or 3	3	3 or 4	3 or 4	4	5	
	LARGER BUILD	1	1	2	3 or 4	4	5 or 6	5 or 6	6	7	

