

O'NEILL		STANDARD SIZING				
MEN	SIZE	HEIGHT (IN)	WEIGHT (LB)	CHEST (IN)	WAIST (IN)	
	2XS	5'6" - 5'8"	115 - 130	32.5" - 34.5"	27 - 29	
	XS	5'7" - 5'9"	125 - 140	34.5" - 36.5"	28 - 30	
	S	5'8" - 5'10"	135 - 155	36.5" - 38.5"	29 - 31	
	ST	6'0" - 6'2"	145 - 165	36.5" - 38.5"	29 - 31	
	M	5'9" - 5'11"	150 - 170	38.5" - 40.5"	30.5" - 32.5"	
	MS	5'6.5" - 5'8.5"	140 - 160	38.5" - 40.5"	30.5 - 32.5"	
	MT	6'1" - 6'3"	160 - 180	38.5" - 40.5"	30.5" - 32.5"	
	L	5'10" - 6'0"	170 - 190	40.5" - 42.5"	32.5" - 34.5"	
	LS	5'7.5" - 5'9.5"	160 - 180	40.5" - 42.5"	32.5" - 34.5"	
	LT	6'2" - 6'4"	180 - 200	40.5" - 42.5"	32.5" - 34.5"	
	XL	5'11" - 6'1"	190 - 210	42.5" - 44.5"	34.5" - 36.5"	
	XLS	5'8.5" - 5'10.5"	180 - 200	42.5" - 44.5"	34.5" - 36.5"	
	XLT	6'3" - 6'5"	200 - 220	42.5" - 44.5"	34.5" - 36.5"	
	2XL	6'0" - 6'2"	210 - 230	44.5" - 46.5"	36.5" - 38.5"	
	3XL	6'0" - 6'2"	230 - 250	47" - 49"	38.5" - 43.5"	
	TODDLER / YOUTH	SIZE	HEIGHT (IN)	WEIGHT (LB)	CHEST (IN)	WAIST (IN)
	1	2'10.5" - 3'2.5"	25 - 30	19" - 21"	18-20	
	2	3'2.5" - 3'6.5"	30 - 35	20" - 22"	19-21	
	3	3'6.5" - 3'10.5"	35 - 40	21" - 23"	20-22	
	4	3'10.5" - 4'1.5"	40 - 55	23" - 25"	20-22	
	6	4'1.5" - 4'4.5"	50 - 65	24.5" - 26.5"	21-23	
	8	4'4.5" - 4'7.5"	60 - 75	26" - 28"	22-24	
	10	4'7" - 4'10"	75 - 90	28" - 30"	24-26	
	12	4'10" - 5'1"	90 - 105	29" - 31"	25-27	
	14	5'1" - 5'4"	105 - 120	31" - 33"	26-28	
	16	5'4" - 5'7"	120 - 135	33" - 35"	27-29	
HOODS / COLLARS	SIZE	NECK (IN)	HEAD (IN)	NECK (CM)	HEAD (CM)	
	XS	14.5"	20.5"	37	52	
	S	14.5/14"	21.5"	37	54.5	
	M	15"	22.5"	38	57	
	L	15.5"	23.5"	39	59.5	
	XL	16"	24.5"	41	62	
	2XL	16.5"	25"	42	63.5	
MEN'S VESTS	SIZE	CHEST (NEO PRENE)	SIZE	CHEST (NYLON)	CHEST (NEO PRENE)	CHEST (NYLON)
	XS	33" - 35"	XS	29" - 32"	83.8 - 88.9 cm	74 - 81 cm
	S	35" - 37"	S	33" - 36"	88.9 - 94 cm	84 - 91 cm
	M	37" - 39"	M	37" - 40"	94 - 99.1 cm	94 - 102 cm
	L	39" - 41"	L	41" - 44"	99.1 - 104.2 cm	104 - 112 cm
	XL	41" - 43"	XL	45" - 48"	104.2 - 109.2 cm	114 - 122 cm
	2XL	43" - 45"	2XL	49" - 52"	109.2 - 114.3 cm	125 - 132 cm
	3XL	47.5" - 50.5"	3XL	53" - 56"	120.6 - 128.3 cm	135 - 142 cm
YOUTH VEST	SIZE	WEIGHT (LB)	SIZE	WEIGHT (LB)	WEIGHT (KG)	WEIGHT (KG)
	INFANT	00 - 30	INFANT	00 - 30	00 - 13.6	00 - 13.6
	CHILD	30 - 50	CHILD	30 - 50	14 - 23	14 - 23
	YOUTH	50 - 90	YOUTH	50 - 90	23 - 41	23 - 41

METRIC SIZING			
HEIGHT (CM)	WEIGHT (KG)	CHEST (CM)	WAIST (CM)
168 - 173	50 - 54	83 - 88	69 - 74
170 - 175	57 - 64	88 - 93	71 - 76
173 - 178	61 - 70	93 - 98	74 - 79
183 - 188	66 - 75	93 - 98	74 - 79
175 - 180	68 - 77	98 - 103	77 - 83
169 - 174	64 - 73	98 - 103	77 - 83
185 - 191	73 - 82	98 - 103	77 - 83
178 - 183	77 - 86	103 - 108	83 - 88
171 - 177	73 - 82	103 - 108	83 - 88
188 - 193	82 - 91	103 - 108	83 - 88
180 - 185	86 - 95	108 - 113	88 - 93
174 - 179	82 - 91	108 - 113	88 - 93
190.5 - 195.5	91 - 100	108 - 113	88 - 93
183 - 188	95 - 104	113 - 118	93 - 98
183 - 191	104 - 113	119 - 124	98 - 110
87.5 - 98	11 - 13.5	48 - 53	45 - 50
98 - 108	13.5 - 16	51 - 55.5	48 - 53
108 - 117	16 - 18.5	53 - 58.5	50 - 55
117 - 124	16 - 23	62 - 67	50 - 55
124 - 132	20 - 27	64 - 69	53 - 58
132 - 140	27 - 34	66 - 71	55 - 61
140 - 147	34 - 41	71 - 76	61 - 66
147 - 155	41 - 48	74 - 79	63 - 68
155 - 163	48 - 54	79 - 84	68 - 73
163 - 170	54 - 61	84 - 89	71 - 76
NECK (CM)	HEAD (CM)	CHEST (NEO PRENE)	CHEST (NYLON)
37	52	83.8 - 88.9 cm	74 - 81 cm
37	54.5	88.9 - 94 cm	84 - 91 cm
38	57	94 - 99.1 cm	94 - 102 cm
39	59.5	99.1 - 104.2 cm	104 - 112 cm
41	62	104.2 - 109.2 cm	114 - 122 cm
42	63.5	109.2 - 114.3 cm	125 - 132 cm
		120.6 - 128.3 cm	135 - 142 cm
WEIGHT (KG)	WEIGHT (KG)	WEIGHT (KG)	WEIGHT (KG)
00 - 13.6	00 - 13.6	00 - 13.6	00 - 13.6
14 - 23	14 - 23	14 - 23	14 - 23
23 - 41	23 - 41	23 - 41	23 - 41

O'NEILL		STANDARD WETSUIT SIZING				METRIC WETSUIT SIZING				
WOMEN	SIZE	HEIGHT (IN)	WEIGHT (LB)	CHEST (IN)	WAIST (IN)	HEIGHT (CM)	WEIGHT (KG)	CHEST (CM)	WAIST (CM)	
	2	5'1" - 5'3"	90 - 105	29.5" - 31.5"	23 - 25	155 - 160	40 - 48	75 - 80	58 - 63	
	4	5'3" - 5'5"	100 - 115	30.5" - 32.5"	24 - 26	160 - 165	45 - 52	77 - 83	60 - 66	
	6S	5'2.5" - 5'4.5"	105 - 120	31.5" - 33.5"	25 - 27	159 - 164	48 - 55	80 - 85	63 - 68	
	6	5'4" - 5'6"	110 - 125	31.5" - 33.5"	25 - 27	163 - 168	50 - 57	80 - 85	63 - 68	
	8S	5'3.5" - 5'5.5"	115 - 130	32.5" - 34.5"	26 - 28	161 - 166	52 - 59	83 - 88	66 - 71	
	8	5'5" - 5'7"	120 - 135	32.5" - 34.5"	26 - 28	165 - 170	55 - 61	83 - 88	66 - 71	
	8T	5'6.5" - 5'8.5"	125 - 140	32.5" - 34.5"	26 - 28	169 - 174	57 - 64	83 - 88	66 - 71	
	10S	5'4.5" - 5'6.5"	125 - 145	34" - 36"	27 - 29	164 - 169	57 - 66	86 - 91	68 - 73	
	10	5'6" - 5'8"	130 - 150	34" - 36"	27 - 29	168 - 173	59 - 68	86 - 91	68 - 73	
	10T	5'7.5" - 5'9.5"	135 - 155	34" - 36"	27 - 29	171 - 177	62 - 71	86 - 91	68 - 73	
	12	5'7" - 5'9"	140 - 160	35.5" - 37.5"	29 - 31	170 - 175	64 - 73	90 - 95	73 - 78	
	14	5'9" - 5'11"	150 - 170	37 - 39.5"	30 - 32	172 - 180	68 - 77	94 - 99	76 - 81	
	16	5'9" - 6'0"	165 - 185	38.5" - 40.5"	32 - 34	175 - 183	75 - 84	98 - 102	81 - 86	
	TODDLERS & GIRLS	SIZE	HEIGHT (IN)	WEIGHT (LB)	CHEST (IN)	WAIST (IN)	HEIGHT (CM)	WEIGHT (KG)	CHEST (CM)	WAIST (CM)
		1	2'10.5" - 3'2.5"	25 - 30	19" - 21"	18 - 20	87.5 - 98	11 - 13.5	48 - 53	45 - 50
		2	3'2.5" - 3'6.5"	30 - 35	20" - 22"	19 - 21	98 - 108	13.5 - 16	51 - 55.5	48 - 53
3		3'6.5" - 3'10.5"	35 - 40	21" - 23"	20 - 22	108 - 117	16 - 18.5	53 - 58.5	50 - 55	
4		3'10.5" - 4'1.5"	40 - 55	23" - 25"	20 - 22	117 - 124	16 - 23	62 - 67	50 - 55	
6		4'1.5" - 4'4.5"	50 - 65	24.5" - 26.5"	21 - 23	124 - 132	20 - 27	64 - 69	53 - 58	
8		4'4.5" - 4'7.5"	60 - 75	26" - 28"	22 - 24	132 - 140	27 - 34	66 - 71	55 - 61	
10		4'7" - 4'10"	75 - 90	28" - 30"	24 - 26	140 - 147	34 - 41	71 - 76	61 - 66	
12		4'10" - 5'1"	90 - 105	29" - 31"	25 - 27	147 - 155	41 - 48	74 - 79	63 - 68	
14		5'1" - 5'4"	105 - 120	31" - 33"	27 - 29	155 - 163	48 - 54	79 - 84	68 - 73	
16		5'4" - 5'7"	120 - 135	33" - 35"	28 - 30	163 - 170	54 - 61	84 - 89	71 - 76	
SKINS, OZONE, 24-7		SIZE	NECK (IN)	HEAD (IN)	NECK (CM)	HEAD (CM)				
		2XS	FITS WETSUIT SIZE	2-4						
		XS	FITS WETSUIT SIZE	4-6						
		S	FITS WETSUIT SIZE	6-8						
		M	FITS WETSUIT SIZE	8-10						
		L	FITS WETSUIT SIZE	12-14						
HOODS & COLLARS	SIZE	NECK (IN)	HEAD (IN)	NECK (CM)	HEAD (CM)					
	4	11 1/4"	20.5"	28.5	52					
	6	11 5/8"	21.5"	29.5	54.5					
	8	12"	22.5"	30.5	57.25					
	10	12.5"	23.5"	31.75	59.75					
	12	13"	24.5"	33	62.25					
14	13.5"	25.5"	34.25	64.75						
WOMAN'S VESTS	NEOPRENE	NYLON	NEOPRENE	NYLON						
SIZE	CHEST (IN)	SIZE	CHEST (IN)	CHEST (CM)	CHEST (CM)					
	S	30" - 33"	4	30" - 32"	76 - 84	76.2 - 81.3				
	M	34" - 36"	6	32" - 34"	86 - 91	81.3 - 86.4				
	L	37" - 39"	8	34" - 36"	94 - 99	86.4 - 91.4				
	XL	40" - 42"	10	36" - 38"	101 - 107	91.4 - 96.5				



THE O'NEILL FIT

O'Neill has the best fit in the industry. One of the most important factors in selling a wetsuit is fit. If a wetsuit doesn't fit right, it isn't comfortable and won't keep you warm. It should be comfortably snug all over. If the suit fits too loose, there will be cold water entering the suit and you'll never stay warm. A suit that is too small or too big can cause rashing. O'Neill's 50+ years of wetsuit design and engineering ensures an excellent fit.

HOW IT WORKS

A wetsuit creates a barrier against the elements utilizing the insulating properties of closed cell neoprene. Neoprene is a closed cell foam made up of thousands of tiny air bubbles known as cells. The air within the cells creates an insulating barrier which slows down the conduction of heat and cold and allows body heat to be retained.

NEOPRENE

O'Neill travels the world for the best neoprene and innovative materials available. Materials are manufactured to O'Neill's specifications in order to have the right combination of warmth, strength, flexibility and durability. O'Neill inspects each sheet of neoprene and rejects it if below standard.