

IQ Size Chart

Size	Waist	Height	Weight	Chest
XS-S	32" to 46"	5'2" to 5'9"	150 lbs to 185 lbs	36" to 40"
M-L	34" to 48"	5'9" to 6'4"	185 lbs to 240 lbs	40" to 50"
L-XL	40" to 54"	6'4" to 7'0"	220 lbs to 300 lbs	48" to 60"

Chest: Measure around the fullest part of the chest, just under the arm and across your shoulder blades.

Waist: Measure around your waist, over a shirt (but not slacks), at the height you normally wear your belt

Divers should take into consideration the extra girth added by dry suits and dry suit underwear when taking measurements.