

# WETSUIT SEAMS

BARE® wetsuit seams in suits thicker than 5.0mm are glued and may also be blind stitched to provide extra strength to the seams. All BARE® wetsuits that are thicker than 5.0mm, have seams that provide a water tight seal in order to maximize heat retention and comfort during your dive. All BARE® wetsuits with a thickness less than 5.0mm are designed for use in more tropical or warmer waters and are seamed with a flatlock stitching.

# WETSUIT FIT

In order to work effectively a wetsuit must fit closely against the body, however the wetsuit cannot be so tight that it significantly restricts movement or so that it impacts the user's breathing in any way. For best results consult an Authorized BARE® wetsuit dealer for assistance in achieving the proper fit.

When a wetsuit fits you properly it will be skin tight. You should be able to:

- 1) Take a full deep inhalation without resistance or requiring excessive effort to expand the rib cage.
- 2) Join your hands above your head.
- 3) Reach the center of your back just below the neck.
- 4) Touch your toes.
- 5) Squat and kneel without restriction.

# MEN'S SIZE CHART

|           |       |           |           |            |            |           |            |         |           |            |           |            |           |           |            |           |            |           |            |           |
|-----------|-------|-----------|-----------|------------|------------|-----------|------------|---------|-----------|------------|-----------|------------|-----------|-----------|------------|-----------|------------|-----------|------------|-----------|
| WEIGHT    | LBS   | 135-155   | 140-165   | 150-175    | 150-180    | 160-185   | 170-195    | 175-200 | 180-205   | 190-215    | 195-220   | 200-225    | 210-235   | 215-240   | 220-245    | 230-255   | 240 - 265  | 250-275   | 260-285    | 270-295   |
|           | KG    | 61-70     | 63-75     | 68-79      | 70-82      | 72-84     | 77-88      | 79-91   | 82-93     | 86-98      | 88-100    | 91-102     | 95-107    | 98-109    | 100-111    | 104-116   | 95-106     | 113-125   | 118-129    | 122-134   |
| HEIGHT    | FT/IN | 5'6"-5'8" | 5'5"-5'7" | 5'8"-5'10" | 5'11"-6'1" | 5'6"-5'8" | 5'10"-6'1" | 6'-6'2" | 5'7"-5'9" | 5'11"-6'1" | 6'1"-6'3" | 5'8"-5'10" | 6'0"-6'2" | 6'2"-6'4" | 5'8"-5'10" | 6'1"-6'3" | 5'8"-5'10" | 6'2"-6'4" | 5'8"-5'10" | 6'3"-6'5" |
|           | CM    | 168-173   | 165-170   | 173-178    | 180-184    | 168-173   | 178-183    | 183-188 | 170-175   | 180-185    | 185-191   | 173-178    | 183-188   | 188-193   | 173-178    | 185-191   | 173-178    | 188-193   | 173-178    | 191-196   |
| CHEST     | IN    | 35-37     | 37-39     | 37-39      | 37-39      | 39-41     | 39-41      | 39-41   | 41-43     | 41-43      | 41-43     | 43-45      | 43-45     | 43-45     | 45-47      | 45-47     | 47-49      | 47-49     | 49-51      | 49-51     |
|           | CM    | 89-94     | 94-99     | 94-99      | 94-99      | 99-104    | 99-104     | 99-104  | 104-109   | 104-109    | 104-109   | 109-114    | 109-114   | 109-114   | 114-119    | 114-119   | 119-124    | 119-124   | 124-129    | 124-129   |
| WAIST     | IN    | 29-31     | 31-33     | 31-33      | 31-33      | 33-35     | 33-35      | 33-35   | 35-37     | 35-37      | 35-37     | 37-39      | 37-39     | 37-39     | 39-41      | 39-41     | 41-43      | 41-43     | 43-45      | 43-45     |
|           | CM    | 74-79     | 79-84     | 79-84      | 79-84      | 84-89     | 84-89      | 84-89   | 89-94     | 89-94      | 89-94     | 94-99      | 94-99     | 94-99     | 99-104     | 99-104    | 104-109    | 104-109   | 109-114    | 109-114   |
| HIP       | IN    | 35-37     | 37-39     | 37-39      | 37-39      | 39-41     | 39-41      | 39-41   | 41-43     | 41-43      | 41-43     | 43-45      | 43-45     | 43-45     | 45-47      | 45-47     | 47-49      | 47-49     | 49-51      | 49-51     |
|           | CM    | 89-94     | 94-99     | 94-99      | 94-99      | 99-104    | 99-104     | 99-104  | 104-109   | 104-109    | 104-109   | 109-114    | 109-114   | 109-114   | 114-119    | 114-119   | 119-124    | 119-124   | 124-129    | 124-129   |
| TORSO     | IN    | 27 3/8    | 26 7/8    | 28 3/8     | 29 5/8     | 27 5/8    | 29 3/8     | 30 5/8  | 28        | 30         | 31 1/4    | 28 1/8     | 30 5/8    | 31 7/8    | 28 1/2     | 31 1/4    | 28 1/2     | 31 7/8    | 28 1/2     | 32 3/8    |
|           | CM    | 70        | 68        | 72         | 75         | 70        | 75         | 78      | 71        | 76         | 79        | 71         | 78        | 81        | 72         | 79        | 72         | 81        | 72         | 82        |
| IN-SEAM   | IN    | 30        | 29 1/2    | 31         | 32         | 30 1/4    | 32         | 33      | 30 1/2    | 32 1/2     | 33 1/2    | 31         | 33        | 34        | 31 1/4     | 33 1/2    | 31 1/4     | 34        | 31 1/4     | 34 1/2    |
|           | CM    | 76        | 75        | 79         | 81         | 77        | 81         | 84      | 77        | 83         | 85        | 79         | 84        | 86        | 79         | 85        | 79 cm      | 86        | 79         | 87        |
| YOUR SIZE |       | S         | MS        | M          | MT         | MLS       | ML         | MLT     | LS        | L          | LT        | XLS        | XL        | XLT       | 2XLS       | 2XL       | 3XLS       | 3XL       | 4XLS       | 4XL       |

# WOMEN'S SIZE CHART

## Suits designed after 2014

| HEIGHT    | FT/IN | 5'2"-5'4" | 5'3"-5'5" | 5'5"-5'7" | 5'4"-5'6" | 5'7"-5'9" | 5'4"-5'6" | 5'5"-5'7" | 5'9"-5'11" | 5'5"-5'7" | 5'6"-5'8" | 5'6"-5'8" | 5'7"-5'9" | 5'7"-5'9" | 5'8"-5'10" |
|-----------|-------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-----------|-----------|------------|
| CHEST     | CM    | 157-163   | 160-165   | 165-170   | 163-168   | 168-173   | 163-168   | 165-170   | 175-180    | 165-170   | 168-173   | 168-173   | 170-175   | 170-175   | 173-178    |
|           | IN    | 30-32     | 32-34     | 32-34     | 34-36     | 34-36     | 37-39     | 36-38     | 36-38      | 39-41     | 38-40     | 41-43     | 40-42     | 43-45     | 42-44      |
| WAIST     | CM    | 76-81     | 81-86     | 81-86     | 86-91     | 86-91     | 94-99     | 91-97     | 91-97      | 99-104    | 97-102    | 104-109   | 102-107   | 109-114   | 107-112    |
|           | IN    | 23-25     | 25-27     | 25-27     | 27-29     | 27-29     | 33-35     | 29-31     | 29-31      | 35-37     | 31-33     | 37-39     | 33-35     | 39-41     | 35-37      |
| HIP       | CM    | 58-64     | 64-69     | 64-69     | 69-74     | 69-74     | 84-89     | 74-79     | 74-79      | 89-94     | 79-84     | 94-99     | 84-89     | 99-104    | 89-94      |
|           | IN    | 33-35     | 35-37     | 35-37     | 37-39     | 37-39     | 43-45     | 39-41     | 39-41      | 45-47     | 41-43     | 47-49     | 43-45     | 49-51     | 45-47      |
| TORSO     | CM    | 84-89     | 89-94     | 89-94     | 94-99     | 94-99     | 109-114   | 99-104    | 99-104     | 114-119   | 104-109   | 119-125   | 109-114   | 125-130   | 114-119    |
|           | IN    | 23 3/4    | 24 1/8    | 24 7/8    | 24 1/2    | 25 3/4    | 24 1/2    | 24 7/8    | 26 5/8     | 24 7/8    | 25 1/4    | 25 1/4    | 25 5/8    | 25 5/8    | 26         |
| INSEAM    | CM    | 60        | 61        | 63        | 62        | 65        | 62        | 63        | 68         | 63        | 64        | 64        | 65        | 65        | 66         |
|           | IN    | 29 7/8    | 30 1/2    | 31 3/4    | 31 1/8    | 33        | 31 1/8    | 31 3/4    | 34         | 31 3/4    | 32 3/8    | 32 3/8    | 33        | 33        | 33 5/8     |
| WEIGHT    | CM    | 75        | 77        | 81        | 79        | 84        | 79        | 81        | 86         | 81        | 82        | 82        | 84        | 84        | 85         |
|           | LBS   | 110-125   | 120-135   | 130-150   | 125-145   | 135-155   | 140-165   | 140-160   | 150-170    | 155-180   | 150-175   | 165-190   | 160-185   | 175-205   | 170-195    |
|           | KG    | 52-59     | 55-61     | 57-66     | 57-66     | 61-70     | 64-75     | 64-73     | 68-77      | 70-82     | 68-80     | 75-86     | 73-84     | 80-93     | 77-89      |
| YOUR SIZE |       | 2         | 4         | 4TALL     | 6         | 6TALL     | 6+        | 8         | 8TALL      | 8+        | 10        | 10+       | 12        | 12+       | 14         |

## Suits designed prior to 2014

| WEIGHT    | LBS   | 90-105    | 100-115   | 115-125   | 115-135   | 120-135   | 125-145   | 135-155   | 130-145   | 135-155    | 145-165   | 135-155   | 155-175   | 145-165   | 155-175    |
|-----------|-------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|------------|-----------|-----------|-----------|-----------|------------|
|           | KG    | 41-48     | 45-52     | 50-57     | 52-61     | 54-61     | 57-66     | 61-70     | 59-66     | 61-70      | 66-75     | 61-70     | 70-79     | 66-75     | 70-79      |
| HEIGHT    | FT/IN | 5'1"-5'3" | 5'2"-5'4" | 5'3"-5'5" | 5'5"-5'7" | 5'4"-5'6" | 5'7"-5'9" | 5'4"-5'6" | 5'5"-5'7" | 5'9"-5'11" | 5'5"-5'7" | 5'6"-5'8" | 5'6"-5'8" | 5'7"-5'9" | 5'8"-5'10" |
|           | CM    | 155-160   | 157-163   | 160-165   | 165-170   | 163-168   | 170-175   | 163-168   | 165-170   | 175-180    | 165-170   | 168-173   | 168-173   | 170-175   | 173-178    |
| CHEST     | IN    | 30-32     | 31-33     | 32-34     | 32-34     | 34-36     | 34-36     | 37-39     | 35-37     | 35-37      | 38-40     | 37-39     | 40-42     | 38-40     | 40-42      |
|           | CM    | 76-81     | 79-84     | 81-86     | 81-86     | 86-91     | 86-91     | 94-99     | 89-94     | 89-94      | 97-102    | 94-99     | 102-107   | 97-102    | 102-107    |
| WAIST     | IN    | 22-24     | 24-26     | 25-27     | 25-27     | 27-29     | 27-29     | 33-35     | 28-30     | 28-30      | 34-36     | 30-32     | 36-38     | 31-33     | 33-35      |
|           | CM    | 56-61     | 61-66     | 64-69     | 64-69     | 69-74     | 69-74     | 84-89     | 71-76     | 71-76      | 86-91     | 76-81     | 91-96     | 79-84     | 84-89      |
| HIP       | IN    | 32-34     | 34-36     | 35-37     | 35-37     | 37-39     | 37-39     | 43-45     | 38-40     | 38-40      | 44-46     | 40-42     | 46-48     | 41-43     | 43-45      |
|           | CM    | 81-86     | 86-91     | 89-94     | 89-94     | 94-99     | 94-99     | 109-114   | 97-102    | 97-102     | 112-117   | 102-107   | 117-122   | 104-109   | 109-114    |
| INSEAM    | IN    | 29 1/4    | 29 7/8    | 30 1/2    | 31 3/4    | 31 1/8    | 32 7/8    | 31 1/8    | 31 3/4    | 34         | 31 3/4    | 32 3/8    | 32 1/8    | 33        | 33 5/8     |
|           | CM    | 74        | 75        | 77        | 81        | 79        | 84        | 79        | 81        | 86         | 81        | 82        | 82        | 84        | 85         |
| YOUR SIZE |       | 4         | 6         | 8         | 8TALL     | 10        | 10TALL    | 10+       | 12        | 12TALL     | 12+       | 14        | 14+       | 16        | 18         |

# DONNING YOUR WETSUIT

- Lay the wetsuit out flat and do a visual inspection as described earlier in this manual.
- Proceed only if you deem the wetsuit to be in good condition.
- Remove jewelry and other sharp or jagged objects that may cut the wetsuit material and the seals in the wrist, ankle and neck areas.
- Open all zippers.
- Roll the top of the wetsuit over the outside of the lower wetsuit to the waist or crotch level
- While seated – grasp the leg of the suit and ease your foot into the suit until the foot passes completely through the ankle seal. Grasp around the leg to work the suit up, do not grab folded pieces of material and tug or pull.
- AVOID PINCHING THE WETSUIT as you pull it up.
- Repeat with the other leg.
- Stand and work the crotch of the wetsuit up until it fits against the body.
- Roll the remainder of the wetsuit up the body and place the arms into the wetsuit.