

# Lifejacket Sizing Reference

## ✘ Too Big



- If an adult is able to pull the PFD up past your ears/eyes when it is properly done up, then this is **TOO BIG** for you

## ✘ Too Small



- If you are not able to clip the buckles and/or zip up the PFD.
- If you are not able to fit your arms through the arm holes
- If you feel squished when the PFD is done up...then the PFD is **TOO SMALL**

## ✔ Just Right



- Able to zip/buckle up PFD
- Space in arms holes for freedom of arm movement
- If pulled up, does not go up past your nose
- Does not overlap when done up
- You can breathe normally