



(573) 480-1623

LAKE OF THE OZARKS

SUNRISE BEACH, MO

Size Chart General Guidelines

The following are general guidelines. There are many factors to consider when selecting an SUP, including height and weight of paddler(s), skill level and expected use (recreation, exercise, touring, passenger, gear, etc.) and water conditions.

10'	11'	12'
Novice up to 150 lbs	Novice up to 190 lbs	Novice up to 245 lbs
Intermediate up to 190 lbs	Intermediate over 225 lbs	
Advanced over 225 lbs		

IN GENERAL, LARGER BOARDS CAN BE USED BY A BROADER RANGE OF PEOPLE (SIZE AND SKILL ABILITIES).

IF YOU ARE GOING TO ONLY HAVE ONE BOARD, GO WITH A LARGER SIZE. FRIENDS, NEIGHBORS, AND EVEN POSSIBLY STRANGERS WILL WANT TO TRY IT OUT! YOU CAN EVEN ADD A CHILD OR PET AS A PASSENGER.

ALMOST ANYONE CAN GET UP ON AND PADDLE A 12' BOARD.

SMALLER BOARDS ARE GREAT FOR SMALLER SIZE PEOPLE AND ADVANCED USERS. MANY WOMEN LIKE THE SMALLER SIZE BECAUSE THEY ARE LIGHTER AND EASIER TO CARRY.

Going Coastal recommends that you try different SUP's before you buy, to make certain you are getting the best possible gear for your intended use.