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2026/27 SEASON

Charts checked November 2026

Cross-Country Ski Size Chart 2026/27

Classic, skate and backcountry length by weight and height, with kids' sizes

Short answer: Cross-country skis are sized by weight first: a 150 to 160 lb skier takes about 195 to 210 cm classic skis and 185 to 195 cm skate skis.

Cross-country ski size chart by weight

SKIER WEIGHT	KG	CLASSIC	SKATE	BACKCOUNTRY / TOURING	WAXLESS PACKAGE SIZE
under 100 lb	under 45	**176–185**	**165–175**	**159–166**	XS / S
100–110 lb	45–50	**180–190**	**170–180**	**160–166**	S
110–120 lb	50–54	**182–192**	**172–182**	**160–169**	S
120–130 lb	54–59	**185–195**	**175–185**	**166–170**	S
130–140 lb	59–64	**187–200**	**177–187**	**170–176**	M
140–150 lb	64–68	**190–205**	**180–190**	**170–179**	M
150–160 lb	68–73	**195–210**	**185–195**	**176–180**	L
160–180 lb	73–82	**200–210**	**190–195**	**180–189**	L
180–200 lb	82–91	**202–210**	**191–195**	**186–196**	XL
200 lb and up	91+	**207–210, stiff**	**192, stiff or extra-stiff**	**196–206**	XL

Cross-country ski size chart by height

HEIGHT	CM	CLASSIC	SKATE	BACKCOUNTRY	NORDIC SKATER (SKATE / COMBI / CLASSIC)	MADSHUS (CLASSIC / SKATE)
4'9"–4'10"	145–149	**165–175**	**155–165**	**145–155**	160 / 165 / 170	160–170 / 150
4'11"–5'1"	150–156	**170–180**	**160–170**	**150–160**	165–170 / 170–175 / 175–180	170–175 / 155–165
5'2"–5'3"	157–161	**180–187**	**165–175**	**155–165**	175 / 180 / 185	180–187 / 165–170
5'4"–5'5"	162–166	**182–192**	**170–180**	**160–170**	180 / 185 / 190	182–192 / 170–175
5'6"–5'7"	167–171	**190–197**	**175–185**	**165–175**	185 / 190 / 195	190–197 / 175–180
5'8"–5'9"	172–176	**192–200**	**180–190**	**170–180**	190 / 195 / 200	192–200 / 180–185
5'10"–5'11"	177–181	**200–207**	**185–192**	**175–185**	195 / 195 / 205	202–210 / 185–190
6'0"–6'1"	182–186	**202–210**	**190–195**	**180–190**	195 / 195 / 205	202–210 / 190–195
6'2" and up	187+	**207–210**	**192–195**	**185–195**	195 / 195 / 210	207–210 / 192–195

Kids' cross-country ski size chart

CHILD'S HEIGHT	CM	CLASSIC	SKATE	MADSHUS JUNIOR (CLASSIC / SKATE)
under 3'1"	under 95	**90–100**	—	90 / 90–100
3'1"–3'5"	95–105	**100–110**	—	100–110 / 100–120
3'5"–3'9"	105–115	**110–120**	**100–110**	110–120 / 100–120
3'9"–4'1"	115–125	**120–135**	**110–120**	120–140 / 100–120
4'1"–4'5"	125–135	**130–145**	**120–135**	130–150 / 130–140
4'5"–4'9"	135–145	**140–155**	**130–145**	150–160 / 145–160
4'9"–5'1"	145–155	**150–165**	**140–155**	170+ / 160–175
5'1"–5'5"	155–165	**160–180**	**150–165**	170–197 / 160–175

Fit check

- **The paper test (classic).** Stand on both skis on a hard floor with your weight even.
- **Flex numbers.** Shops that flex-test skis match a classic ski's camber to about half your body weight (50 to 55%, up to 60% for klister; skin skis 58 to 68%) and a skate ski's to 100 to 130% of body weight (Madshus, Cross Country Ski HQ, WebCyclery).
- **The height check.** Stood on end, a classic ski should reach about your wrist with your arm raised; a skate ski about 10 cm less than that; a touring ski around head height.

Free calculator: every maker's size for you

Enter your details for each brand's own chart, 2026/27 models in your size and kids' room to grow.

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Sizes are estimates built from published maker and retailer charts; the sources are listed on the web page. Check the size chart for the exact model you buy. Free to print and share. © 2026 GearSizeChart.com