

Otaru - Kita Shiribeshi
ski \& adventure center

Since the items will be delivered directly to your accommodation without any fitting, please understand the size selection guidelines for each rental item before selecting the item and proceeding to reservation.

If you have any other questions or requests, such as if you would like a specific length or size, please enter them directly in the notes section.

## ■Ski length

We will prepare skis with your height minus 10 to 15 cm and according to your skiing level. If you have any length specifications, enter them in the remarks column.

1*For those who are new to skiing or at the beginner level, shorter skis have the advantage of being easier to handle, such as the tips of the skis not overlapping, even if you are not used to operating skis.
(List of available ski lengths)

| For adults <br> cm | 128 | 130 | 140 | 142 | 149 | 150 | 156 | 160 | 163 | 170 | 177 |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| For kids cm | 67 | 77 | 80 | 87 | 90 | 93 | 97 | 100 | 107 | 117 | 120 | 130 | 140 |

## ■ Ski boots sizes

Please choose your own size based on your foot size plus 0.5 to 1 cm .
If you have no idea how to choose the right size, we will prepare one according to your foot size.
(!) Some sizes are not available.
If your actual size is not available, please choose the next larger size.
Example) If the child's ski equipment set has a foot size of 20 cm , the boot size is 20.5 cm .
(!) We recommend that you wearing ski socks inside your boots, but if you only have regular thin socks, please choose a pair that is about 0.5 cm larger than your foot size.
(List of available ski boots and sizes)

| For kids cm | 14.5 |  | 15.5 |  | 16.5 |  | 17.5 |  | 18.5 |  | 19.5 |  | 20.5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | 21.5 |  | 22.5 |  | 23.5 |  | 24.5 |  | 25.5 |  | 26.5 |  |
| Women's cm | 22.0 | 22.5 | 23.0 | 23.5 | 24.0 | 24.5 | 25.0 | 25.5 |  |  |  |  |  |
| Men's cm | 24.5 | 25.0 | 25.5 | 26.0 | 26.5 | 27.0 | 27.5 | 28.0 | 28.5 | 29.0 | 29.5 | 30.0 | 30.5 |
|  | 31.0 | 31.5 | 32.0 | 32.5 | 33.0 | 34.0 | 34.5 |  |  |  |  |  |  |

## ■Ski pole length

We will prepare lengths that suit your height and level.
Ski poles are available in lengths from 60 cm to 130 cm in 5 cm increments.
If you have any length specifications, enter them in the remarks column.

## ■ Snowboard length

We will prepare snowboard with your height minus 15 to 20 cm .
If you have any length specifications, enter them in the remarks column.

1-For first-timers and beginners, a shorter board is relatively easier to control even at low speeds, making it easier to make turns.
(List of available snowboard lengths)

| For adults <br> cm | 130 | 134 | 138 | 140 | 144 | 148 | 150 | 153 | 155 | 160 | 163 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| For kids cm | 70 | 80 | 90 | 100 | 110 | 115 | 120 | 125 |  |  |  |

## ■ Snowboard binding settings (stance)

Choose your snowboard stance.
If you do not know your stance, we will recommend you with a regular stance.

- Regular stance: Recommended for people who kick the ball with their right foot.

When snowboarding, you move to the left direction.

- Goofy stance: Recommended for people who kick the ball with their left foot.

When snowboarding, you move to the right direction.

If you have any request for stance settings, enter them in the remarks column.
*-By placing your dominant foot at the back, it acts like a helmsman on a ship.

## ■Snowboard boot size

Please choose according to your foot size plus 0.5 cm .
If you don't know the size, we will prepare the size according to your foot size.
(!) Children's snowboard boots are available in Burton's BOA type, and adults' snowboard boots are available in Burton's lace type for both men and women.
(!) Some sizes are not available, so if you do not have your size, please choose the next size larger.
(Snowboard boots available Size list)

| For kids <br> $c m$ | 14.5 |  | 15.5 |  | 16.5 |  | 17.5 |  | 18.5 |  | 19.5 | 20.0 | 20.5 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | 21.0 |  | 22.0 |  | 23.0 |  | 24.0 |  | 25.0 |  |  |  |  |
| Women's cm | 21.0 | 22.0 | 22.5 | 23.0 | 23.5 | 24.0 | 24.5 | 25.0 | 25.5 |  |  |  |  |
|  | 24.0 |  | 25.0 | 25.5 | 26.0 | 26.5 | 27.0 | 27.5 | 28.0 | 28.5 | 29.0 | 29.5 | 30.0 |

## ■ Snow wear size

Please choose based on waist size for adults and height for children.
Adults can choose children's sizes, or children can choose adult sizes, depending on their body size.
(!) Please note that we cannot accept requests for specific patterns or colors.
(!) The jacket and pants of the wear set cannot be rented separately. Even if you only need one of the jacket and pants, the price will be charged as a set fee. If you only use one of the jacket or pants, please notify us in the remarks column.
(Wear size list)

|  |  | XS | $\mathbf{S}$ | $\mathbf{M}$ | $\mathbf{L}$ | $\mathbf{X L}$ | XXL | 4L | 5L | 6L |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Women's | height cm | 150 | 155 | 160 | 165 | 170 | 175 |  |  |  |
|  | waist cm | 58 | 61 | 64 | 67 | 70 | 85 |  |  |  |
| Men's | height cm |  | 165 | 170 | 175 | 180 | 185 | $185+$ | $185+$ | $185+$ |
|  | waist cm |  | 74 | 78 | 82 | 86 | 90 | 98 | 102 | 106 |

※For kids sizes, please use the height indicated in the size name as a guide.
Example. Height $120 \mathrm{~cm} \rightarrow$ Kid's 120

