

Size Chart / Fitting Guide

A proper fit is essential to fully enjoying all the Selk'bag has to offer. All Selk'bag models are unisex, meaning that is suitable for men and women.

The size you need will depend on the activity you'll use it for the most : to sleep, be active, both, or any other thing you may think of. To help you choose we've put together a Fitting Guide with comprehensive information.

In case you still unsure which size to choose, please [contact us](#) anytime and we'll be glad to help!

Size Small

Fits up to 4'11" / 150 cm Tall

It can fit up to 5'4" if you intend to use it without booties.

Size Medium

Fits up to 5'5" / 165 cm Tall

If you are between 4'11" and 5'5" this is your size. It can fit up to 5'9" if you intend to use it without booties.

Size Large

Fits up to 5'11" / 180 cm Tall

If you are between 5'5" and 5'11" this is your size. It can fit up to 6'1" if you intend to use it without booties.

Size X-Large**Fits up to 6'4" / 193 cm Tall**

If you are between 5'11" and 6'4" this is your size. It can fit up to 6'5" if you intend to use it without booties.

Size X-Large Wide (Realtree models only)

Same as X-Large, but for heavier body types (approx. +2" in girth throughout the torso vs X-Large)

In Between Sizes?

Please note, that the sizing recommendations are meant for people of average weight and sizing is impacted by user weight. For example, a Selk'bag will fit a person of below average weight with a taller frame that exceeds the guidelines. Likewise, a person of above average weight will require a bag meant for someone taller.

Second, please understand that a looser fit is better for more comfortable sleeping, while a tighter fit is better for mobility - but may restrict sleeping comfort if booties are left on.

We always recommend to size up if you are not completely sure. It's better to have a little bit more room while using your Selk'bag!

Original 6G / Realtree Instinct note

Please keep in mind that our Original 6G & Realtree Instinct model, due to a higher insulation loft (contains more padding insulation than the Lite 6G & Realtree Pursuit) makes it more snug, so we recommend to size up if you are 1" to 3" below the in between size range (i.e if you are getting the Original 6G/Realtree Instinct and you are 5'9" we recommend getting an XL)