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HARNESS SIZING STRUCTURE OVERVIEW

Born from the rock, Arc'teryx was built by climbers who demanded better. We began with harnesses in 1989—pushing boundaries with every stitch. Guided by our athletes and relentless innovation, we've never stopped refining. As climbing evolves, so do the needs of those who live it. That's why we're introducing a more adaptable sizing system—designed to give every climber the freedom to dial in their perfect fit.

What: A new unisex size structure – Designed to offer a more precise fit for all body types based on measurements and fit preferences.

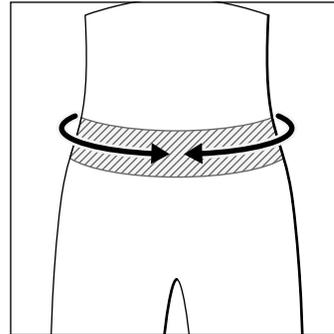
Why: Climbers choose harnesses based on fit and feel instead of gendered size charts – based on our internal fit studies.

How: Unified men's and women's size charts – Allows climbers to choose Swami & Leg Loop sizes based on their body measurements and preferred fit.



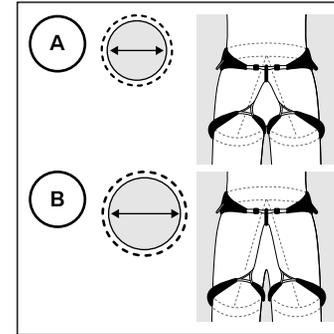
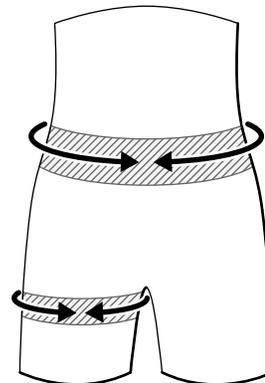
SIZING EXPLAINED

6 waist sizes with 2 leg loop options per waist size



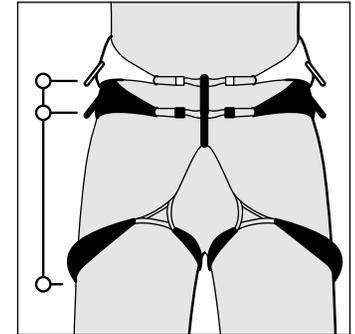
Swami Belt Sizing

- Size range from 1-6
- Each size corresponds to a waist size range



Leg Loop Sizing

- Size options **A & B**
 - Each Swami belt sizes has two leg loop sizing options
- Smaller circumference, regular rise
 - Larger circumference, longer rise



Rise

Rise is the sum of the leg loop circumference and the length of the webbing connecting to the two leg loops. Rise influences hanging position depending on pelvic depth and how much your thighs fill out the leg loops.

1	25.5 - 28.25 IN
64.5 - 72 CM	
1A 50 - 54 CM	19.75 - 21.25 IN
1B 51 - 55 CM	20.0 - 21.75 IN
2	28.25 - 31 IN
71.5 - 79 CM	
2A 50 - 54 CM	19.75 - 21.25 IN
2B 54 - 58 CM	21.25 - 22.75 IN
3	31.5 - 33.75 IN
78.5 - 86 CM	
3A 53 - 57 CM	20.75 - 22.5 IN
3B 58 - 61 CM	22.75 - 24.5 IN

4	33.75 - 36.5 IN
86.5 - 93 CM	
4A 57 - 61 CM	22.5 - 24 IN
4B 62.5 - 66.5 CM	24.5 - 26.25 IN
5	36.5 - 39.25 IN
92.5 - 100 CM	
5A 61.5 - 65.5 CM	24.25 - 25.75 IN
5B 68 - 72 CM	26.75 - 28.25 IN
6	39.25 - 42.25 IN
99.5 - 107 CM	
6A 67 - 71 CM	26.5 - 28 IN
6B 68 - 72 CM	26.75 - 28.25 IN





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HOW YOUR HARNESS SHOULD FIT

The swami belt should fit properly around your waist and sit just above the hip bone. You should be able to comfortably slip a flat hand between your waist and harness. A properly fitting harness cannot be pulled down over your hip bone.

If in between waist sizes, size up for optimal fit.

Leg loops should fit snugly around your upper thighs without any pressure points, not too tight or too loose.

SIZE 4A



SIZE 4B



Users are encouraged to try both **A & B** leg loop sizes. You should select the most comfortable size to hang in. Both above hang positions are acceptable.

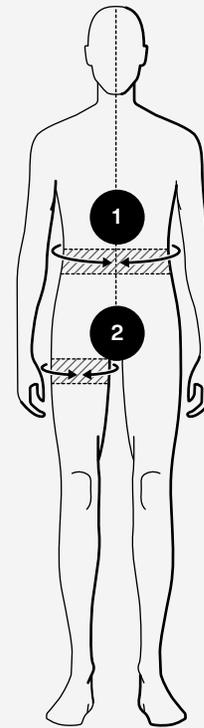
! Before using the harness, carry out a hang test in a safe place to ensure that the harness is the correct size, has sufficient adjustment, and is of an acceptable comfort level for the intended use. If uncertainty exists regarding the fit or adjustments, seek qualified professional advice before use.

1 WAIST MEASUREMENT

Measure around your waist where you prefer the harness to sit. Use this measurement to select the appropriate Swami size.

2 THIGH MEASUREMENT

Measure around your upper thigh where you want the leg loops to rest. Use this as a guide to try both A and B leg loop options paired with your chosen Swami size.



SIZE	WAIST (CM)	THIGH (CM)	SIZE
1	64.5 - 72	50.0 - 54.0	1A
		51.0 - 55.0	1B
2	71.5 - 79	50.0 - 54.0	2A
		54.0 - 58.0	2B
3	78.5 - 86	53.0 - 57.0	3A
		58.0 - 61.0	3B
4	85.5 - 93	57.0 - 61.0	4A
		62.5 - 66.5	4B
5	92.5 - 100	61.5 - 65.5	5A
		68.0 - 72	5B
6	99.5 - 107	67.0 - 71	6A
		68.0 - 72	6B



FIT CHECK: TRY BEFORE YOU BUY

Test the harness in a free-hanging position and with your feet braced against a wall to simulate climbing and belaying. Choose the leg loop option—A or B—that feels most secure and comfortable during both scenarios.

