

Ski length chart by height and ability

Height	Beginner	Intermediate	Advanced	Pole
140 cm / 4'7"	125–130 cm	130–135 cm	135–145 cm	95 cm
145 cm / 4'9"	130–135 cm	135–140 cm	140–150 cm	100 cm
150 cm / 4'11"	135–140 cm	140–145 cm	145–155 cm	105 cm
155 cm / 5'1"	140–145 cm	145–150 cm	150–160 cm	105 cm
160 cm / 5'3"	145–150 cm	150–155 cm	155–165 cm	110 cm
165 cm / 5'5"	150–155 cm	155–160 cm	160–170 cm	115 cm
170 cm / 5'7"	155–160 cm	160–165 cm	165–175 cm	115 cm
175 cm / 5'9"	160–165 cm	165–170 cm	170–180 cm	120 cm
180 cm / 5'11"	165–170 cm	170–175 cm	175–185 cm	125 cm
185 cm / 6'1"	170–175 cm	175–180 cm	180–190 cm	130 cm
190 cm / 6'3"	175–180 cm	180–185 cm	185–195 cm	130 cm
195 cm / 6'5"	180–185 cm	185–190 cm	190–200 cm	135 cm
200 cm / 6'7"	185–190 cm	190–195 cm	195–205 cm	140 cm

Average build, all-mountain skis. ± 5 cm for heavier/lighter skiers.