

Kayak paddle size chart (low angle, standard seat)

Kayak width	Under 5'0"	5'0"—5'6"	5'6"—6'0"	Over 6'0"
Under 23 in (58 cm)	200–210 cm (79–83 in)	210–220 cm (83–87 in)	220 cm (87 in)	220–230 cm (87–91 in)
23–28 in (58–71 cm)	210–220 cm (83–87 in)	220 cm (87 in)	220–230 cm (87–91 in)	230 cm (91 in)
28–32 in (71–81 cm)	220–230 cm (87–91 in)	230 cm (91 in)	230–240 cm (91–94 in)	240 cm (94 in)
Over 32 in (81 cm)	230–240 cm (91–94 in)	240 cm (94 in)	240–250 cm (94–98 in)	250–260 cm (98–102 in)

High angle: about 5–10 cm shorter. High seat or sit-on-top: about 10 cm longer. Check your paddle maker's chart.