

Aug 2006	264	253	242	231	220	209	198	187	176	165	154	143	132	121	110	99	88	77	66	55	44
Wt Kg	120	115	110	105	100	95	90	85	80	75	70	65	60	55	50	45	40	35	30	25	20
area m ²	3.30	3.17	3.03	2.89	2.75	2.62	2.48	2.34	2.20	2.06	1.93	1.79	1.65	1.51	1.38	1.24	1.10	0.96	0.83	0.69	0.55
AK Block Width in meters, same as contact length.	4.1	4.0	3.8	3.6	3.4	3.3	3.1	2.9	2.8	2.6	2.4	2.2	2.1	1.9	1.7	1.5	1.4	1.2	1.0	0.9	0.7
Move decimal 2 places right for cm.	3.9	3.7	3.6	3.4	3.2	3.1	2.9	2.8	2.6	2.4	2.3	2.1	1.9	1.8	1.6	1.5	1.3	1.1	1.0	0.8	0.6
	3.7	3.5	3.4	3.2	3.1	2.9	2.8	2.6	2.4	2.3	2.1	2.0	1.8	1.7	1.5	1.4	1.2	1.1	0.9	0.8	0.6
	3.5	3.3	3.2	3.0	2.9	2.8	2.6	2.5	2.3	2.2	2.0	1.9	1.7	1.6	1.4	1.3	1.2	1.0	0.9	0.7	0.6
	3.3	3.2	3.0	2.9	2.8	2.6	2.5	2.3	2.2	2.1	1.9	1.8	1.7	1.5	1.4	1.2	1.1	1.0	0.8	0.7	0.6
	3.1	3.0	2.9	2.8	2.6	2.5	2.4	2.2	2.1	2.0	1.8	1.7	1.6	1.4	1.3	1.2	1.0	0.9	0.8	0.7	0.5
	3.0	2.9	2.8	2.6	2.5	2.4	2.3	2.1	2.0	1.9	1.8	1.6	1.5	1.4	1.3	1.1	1.0	0.9	0.8	0.6	0.5
	2.9	2.8	2.6	2.5	2.4	2.3	2.2	2.0	1.9	1.8	1.7	1.6	1.4	1.3	1.2	1.1	1.0	0.8	0.7	0.6	0.5
	2.8	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.8	1.7	1.6	1.5	1.4	1.3	1.1	1.0	0.9	0.8	0.7	0.6	0.5
	2.6	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.4
	2.5	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.8	0.7	0.6	0.5	0.4
	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4
	2.4	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4
	2.3	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4	0.4
	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4	0.4
	2.2	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4	0.4
	2.1	2.0	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.2	1.1	1.0	0.9	0.8	0.7	0.6	0.5	0.4	0.4
	2.1	2.0	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.2	1.1	1.0	0.9	0.8	0.8	0.7	0.6	0.5	0.4	0.3
	2.0	1.9	1.8	1.8	1.7	1.6	1.5	1.4	1.3	1.2	1.2	1.1	1.0	0.9	0.8	0.8	0.7	0.6	0.5	0.4	0.3
	1.9	1.9	1.8	1.7	1.6	1.5	1.4	1.3	1.3	1.2	1.1	1.1	1.0	0.9	0.8	0.7	0.6	0.6	0.5	0.4	0.3
	1.9	1.8	1.7	1.7	1.6	1.5	1.4	1.3	1.3	1.2	1.1	1.0	0.9	0.9	0.8	0.7	0.6	0.6	0.5	0.4	0.3
	1.8	1.8	1.7	1.6	1.5	1.5	1.4	1.3	1.2	1.1	1.1	1.0	0.9	0.8	0.8	0.7	0.6	0.5	0.5	0.4	0.3
	1.8	1.7	1.6	1.6	1.5	1.4	1.3	1.3	1.2	1.1	1.0	1.0	0.9	0.8	0.7	0.7	0.6	0.5	0.4	0.4	0.3
	1.7	1.7	1.6	1.5	1.4	1.4	1.3	1.2	1.2	1.1	1.0	0.9	0.9	0.8	0.7	0.7	0.6	0.5	0.4	0.4	0.3
	1.7	1.6	1.6	1.5	1.4	1.3	1.3	1.2	1.1	1.1	1.0	0.9	0.8	0.8	0.7	0.6	0.6	0.5	0.4	0.4	0.3
	1.7	1.6	1.5	1.4	1.4	1.3	1.2	1.2	1.1	1.0	1.0	0.9	0.8	0.8	0.7	0.6	0.5	0.4	0.4	0.3	0.3
	1.6	1.5	1.5	1.4	1.3	1.3	1.2	1.1	1.1	1.0	0.9	0.9	0.8	0.7	0.7	0.6	0.5	0.5	0.4	0.3	0.3
	1.6	1.5	1.4	1.4	1.3	1.2	1.2	1.1	1.0	1.0	0.9	0.9	0.8	0.7	0.7	0.6	0.5	0.5	0.4	0.3	0.3
	1.5	1.5	1.4	1.3	1.3	1.2	1.2	1.1	1.0	1.0	0.9	0.8	0.8	0.7	0.6	0.6	0.5	0.4	0.4	0.3	0.3
	1.5	1.4	1.4	1.3	1.3	1.2	1.1	1.1	1.0	0.9	0.9	0.8	0.8	0.7	0.6	0.6	0.5	0.4	0.4	0.3	0.3

**AK Block height in m, choose from closest weight column (weight is without gear or clothing).
Move decimal 2 places right for cm.**

Table 1. Current working AK Block sizing table. Further testing is expected to refine this table. Check the Southeast Alaska Avalanche Center website <http://www.avalanche.org/~seaac/> for updates.