

Paddleboard Size Chart

What size paddleboard do I need? Start with rider weight, not height.

The right size depends more on rider weight, stability needs and how you plan to use the board than on height. For most Canadian paddlers, a board between 10'6" and 11'6", around 32" to 36" wide, with enough capacity for the rider plus gear, is the right place to start.

10'6" to 11'6"
Length range that suits most paddlers

32" to 36"
Width. Wider is more forgiving

6 in
Thickness of most quality inflatable boards

12 to 15 PSI
Where most of our inflatable boards ride best

Size chart by rider weight

Rider weight	Suggested length	Suggested width	Best fit
Under 150 lb	10'6" to 11'0"	32" to 34"	Lighter adults, teens, casual paddlers, calm cottage water
150 to 220 lb	11'0" to 11'6"	34" to 36"	Most adult paddlers, family use, recreational lake paddling
Over 220 lb	11'6"	36"	Larger riders, beginners who want stability, gear-heavy paddling
Adult plus child, dog or gear	11'6"	36"	Family cottage paddling, dogs, kids, coolers, dry bags

A starting point. Experience, conditions and what you carry still matter. Choose a board that comfortably clears your body weight plus anything you bring.

Our three POP boards, by the numbers

Board	Size	Max rider weight	Board weight	Feels like
10'6 Royal Hawaiian Palm	10'6 × 30 x 6 in	250 lbs	23 lbs	Quick and agile. Feels best for lighter riders, under about 180 lbs
11' Yacht Hopper	11' x 32 × 6 in	325 lbs	27 lbs	Lighter, more responsive solo board for cottage cruising
11'6 El Capitan Bomber	11'6 × 36 × 6 in	420 lbs	29 lbs	The most stable of the three. Beginners, families, dogs, bigger riders

Length: glide and tracking

- **Under 10':** kids, surf-style paddling and smaller paddlers.
- **10'6" to 11'0":** recreational paddling, cottage use and lighter adults.
- **11'0" to 11'6":** the best all-around range for most Canadian lake paddlers.
- **12' and longer:** touring, distance, racing or specialized use.

Width: stability

- **30" to 32":** more responsive, better for confident paddlers, less stable for beginners.
- **33" to 34":** a good all-around width for recreational use.
- **35" to 36":** best for beginners, larger riders, families, dogs, kids, fishing and gear.

Your height matters more for paddle length than for board size. Sharing one board? Size it for the heaviest adult and the most demanding use.



Match the board to the day

Use	Board style	Our pick
Solo cottage cruising	11'0" recreational board	Yacht Hopper
First paddleboard	Wide, stable all-around board	El Capitan Bomber
Family sharing	11'6" by 36" board	El Capitan Bomber
Gear-heavy days	Wide adventure board with attachment points	Ionic Adventure Ark

Six sizing mistakes we see

- **Buying too narrow.** A fast board is no help if it feels too tippy to enjoy.
- **Ignoring gear weight.** Count the cooler, dog, child, tackle and dry bag.
- **Choosing on height alone.** Weight and use matter more.
- **Buying for the best paddler in the family.** Buy for the one who needs the most stability.
- **Assuming all 11' boards feel the same.** Width and capacity change the ride.
- **Under-inflating.** A soft board makes even the right size feel wrong.

BOARDS IN THIS GUIDE



10'6 Royal Hawaiian Palm
See today's price ↗



11' Yacht Hopper
See today's price ↗



11'6 El Capitan Bomber
See today's price ↗

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