

# Size guide for Duo & DuoTrain

For wide bodies, it is recommended to use a larger sling that folds inwards.

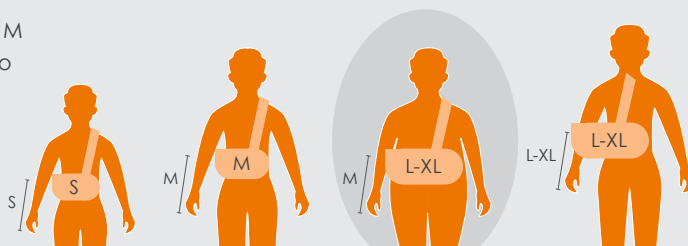
**Example:** If the forearm measurement indicates size S or M and the waist or chest is wide, size L or XL should be used to avoid a too short shoulder strap.

S = Child

L = Adult

M = Small adult

XL = Tall/wide adult



If the arm pocket is too long and covers the fingers, it is recommended to shorten the pocket by folding it.



Make sure the elbow rests against the rear edge of the pocket and fold the pocket inwards at the hand.



Make sure the hand and wrist is comfortably supported.



The shoulder strap fastening should be located right above the wrist for best support.