

CAP WEIGHT STANDARDS

HEIGHT	MEN		WOMEN	
	Air Force Standard (Maximum Allowable Weight)	CAP standard (Maximum Allowable Weight)	Air Force Standard (Maximum Allowable Weight)	CAP Standard (Maximum allowable Weight)
4'10"	149	164	132	145
4'11"	151	166	134	147
5'	153	168	136	150
5'1"	155	171	138	152
5'2"	158	174	141	155
5'3"	160	176	142	156
5'4"	164	180	146	161
5'5"	169	186	150	165
5'6"	174	191	155	170
5'7"	179	197	159	175
5'8"	184	202	164	180
5'9"	189	208	168	185
5'10"	194	213	173	190
5'11"	199	219	177	195
6'	205	225	182	200
6'1"	211	232	188	207
6'2"	218	240	194	213
6'3"	224	246	199	219
6'4"	230	253	205	226
6'5"	236	260	210	231
6'6"	242	266	215	237
6'7"	248	273	221	243
6'8"	254	279	226	249

NOTES:

1. Senior members and cadets who are 18 and older must meet CAP weight standards in order to wear the AF-style uniform.
2. A weight allowance of up to 3 pounds for clothing (excluding footwear) is authorized.
3. Height measurements do not include footwear.
4. Round up to the nearest inch.