

First find out your draw length

This depends on your arm length and also on where you pullback to and anchor with your drawing hand.

Second work out the pulling weight of the bow at your draw length

The draw weight of the bow will be marked on the bow. Usually on the bottom limb and for a given draw length.

Example: Recurve Bow is marked 30lbs @ 28 " on the bottom limb. Your arrow length when at full draw is 29" . Then you will be pulling more than 30lbs when you pull the bow beyond 28". Usually you can add 2lbs per inch of draw, so for 29" draw that would be 32lbs. If you draw 27" then you will be pulling less at about 28lbs. You can of course use a set of scales to actually measure the draw weight

With these two measurements, weight of pull and length of arrow, it is time to look at the **Arrow Types** and **Arrow Charts** to see which size and type of shaft will fit you best.

Using the Easton Arrow Chart

It is not as complicated as it first appears.

Example: You have a recurve bow with a weight of pull of 32 lbs at your arrow length of 26"

- Go to the [Easton Chart](#) where it is headed **YOUR ARROW LENGTH FOR TARGET, FIELD, 3D**
- Go along the top row to 26" and select that **column**
- Go down the right hand side to 32 lbs, to select that **line**
- See where Column and Line intersect at a box. In this case **Box T2**
- Now go to the Box T2 below where there are the **Arrow Types**

The **T2 Box** lists all the arrow types for you to choose from. If for example you want a good aluminium arrow like Platinum xx75, then the 75 alloy arrow size is shown as 1716 for this T2 Box. So 1716 is the arrow size you need. You can choose any of the 75 Alloy arrows and they will suit your bow weight and arrow length. You can also see the size of arrow in other arrow types. If you wanted Carbon arrows, in the same T2 Box there are the sizes for each of the carbon arrow types that will suit your needs and be the equivalent to the 1716 75 Alloy arrow.