Guides / Small camper vans and vans you can stand up in

SMALL CAMPER VANS AND VANS YOU CAN STAND UP IN

THE SHORT ANSWER

You can stand up in a high roof full-size van: Ram lists 77 inches inside the ProMaster high roof and 86 in the super high roof, Mercedes-Benz 79 in the Sprinter, Ford 79.7 in the Transit. Small vans and minivans are too low to stand in without a pop top, but they fit garages a high roof van cannot.

Last updated 25 November 2026

KEY TAKEAWAYS

- You can stand up in the high roof versions of the three full-size vans: 77 to 86 inches inside on the ProMaster, 79 on the Sprinter and 79.7 on the Transit, by the makers' figures.
- Small vans are lower than people: the 2027 Ram ProMaster City is 77 inches tall outside, and CDC's median US man is 69.0 inches tall.
- The Sprinter and Transit high roofs are 107 and 110 inches tall outside, far over a 7 foot (84 inch) garage door.
- A pop top gives standing room when parked and keeps a low roof for garages and parking structures.
- Of the 34 production camper vans in our data, 15 are under 20 feet long.

WHICH VANS CAN YOU STAND UP IN?

The high roof full-size vans, and nothing smaller without a pop top. The makers' own inside heights, lowest first, with how each maker words it:

VAN AND ROOF	INSIDE HEIGHT	HOW THE MAKER WORDS IT	BELOW MEDIAN MAN (69.0 IN)?
Ram ProMaster City (2027)	**under 53.8 in** [5][6]	at most, by our arithmetic: 77 in tall outside minus a 23.2 in step-in height	Yes
Ram ProMaster, standard roof	**66 in** [2]	cargo height	Yes
Mercedes-Benz Sprinter, standard roof	**68 in** [1]	standing height (144 in wheelbase only)	Yes
Ford Transit, medium roof	**70.3 in** [8][9]	maximum cargo height (Ford's 2026 spec sheet: 72.0 in)	No
Winnebago Solis Pocket 36B, built	**75 in** [11]	interior height of the finished camper, 6 ft 3 in, on a ProMaster	No
Ram ProMaster, high roof	**77 in** [2][3]	cargo height (Ram's spec table gives 76 in by trim)	No
Mercedes-Benz Sprinter, high roof	**79 in** [1]	standing height	No
Ford Transit, high roof	**79.7 in** [8][9]	maximum cargo height (Ford's 2026 spec sheet: 81.5 in)	No
Ram ProMaster, super high roof	**86 in** [2][3]	cargo height	No

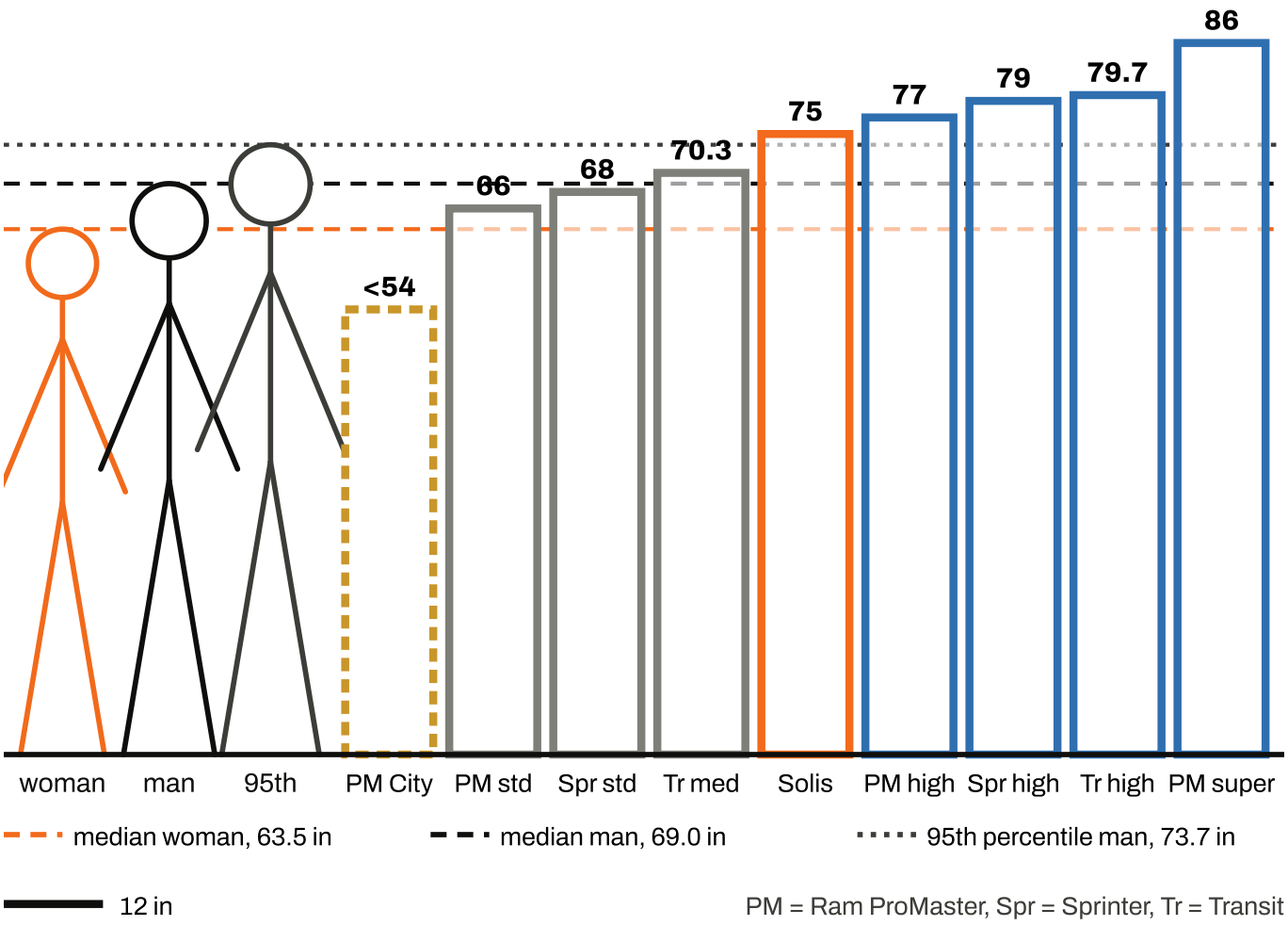
These are factory figures for an empty van, except the Winnebago row, which is a finished camper. Any floor and ceiling you build come off the top; see the step-by-step check below.

HOW DO VAN HEIGHTS COMPARE WITH REAL PEOPLE?

Standard roofs sit right around the height of an average man, and high roofs clear most adults. CDC's measured median for US adults is 69.0 inches for men and 63.5 for women. [15] [16]

95 percent of men are under 73.7 inches and 95 percent of women under 67.9 (adults 20 and older, measured 2021 to 2023). [16]

INSIDE HEIGHT, TO SCALE



Drawn by vanlife.co to scale from the makers' figures in the table and CDC Table 8. Dashed outline: the ProMaster City's upper limit by our arithmetic. Orange: a finished camper. Rectangles only; real roofs curve. [1] [2] [8] [5] [6] [11] [16]

Leave room above your head for shoes, hair and a ceiling light, and remember the build takes some height back. A van that only just clears you on paper is a van you will duck in.

WHAT COUNTS AS A SMALL CAMPER VAN?

Anything shorter and lower than a full-size cargo van: compact vans such as the new ProMaster City, minivans, and older compact vans on the used market. You sleep and sit inside them, and stand outside or under a pop top.

Ram ProMaster City (2027). Ram lists an all-new 2027 model: 77 inches tall, a 23.2 inch step-in, 182 cubic feet of cargo space and a 42 foot turning diameter. Ram lists payload as 2,220 pounds on one page and 2,200 on another. The Tradesman cargo van is listed at $37,400 before destination. [4][5][6][7]

Minivans. Toyota lists the 2026 Sienna at 68.5 to 70.3 inches tall outside, depending on grade. [10] GTRV, which builds pop top Siennas, says the van is about 74 inches tall with its pop top closed and generally fits a standard 7 foot (84 inch) garage door. [13]

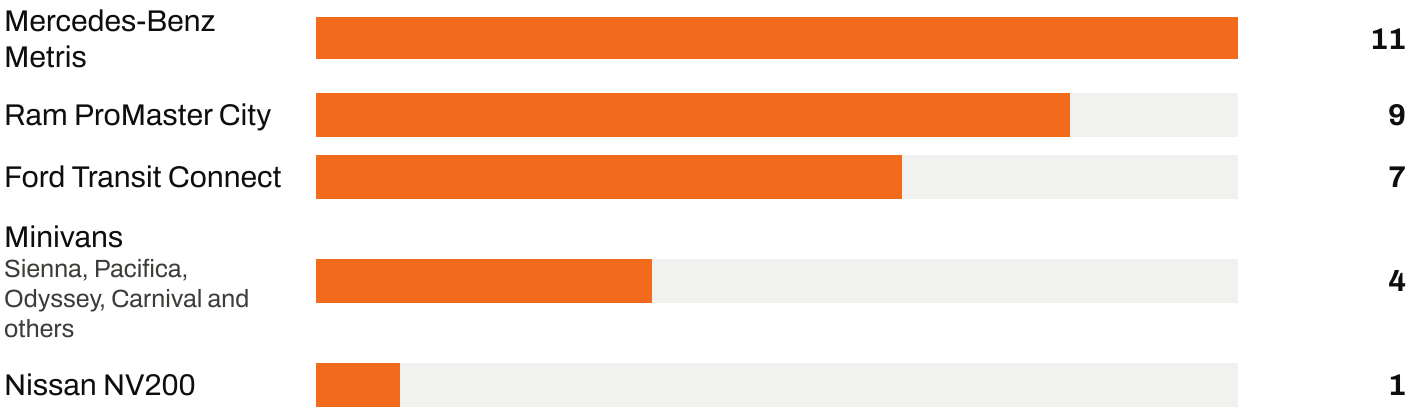
Standard roof full-size vans. The Sprinter standard roof (68 inches inside) and the ProMaster standard roof (66 inches) are full-size vans with a low roof: full length and payload, no standing room. [1][2]

Older compact vans. The Ford Transit Connect, Mercedes-Benz Metris and Nissan NV200 show up in builders' lists. We could not open Ford's site on 25 November 2026 and did not check whether these are still sold new, so treat them as used-market vans and check the maker's page.

Small vans still have builders. Checked US builders whose own site names each small van:

CHECKED US BUILDERS

Builders that name a small van on their own site



Computed from our directory at build time: a builder counts only when its own site names the van. [19]

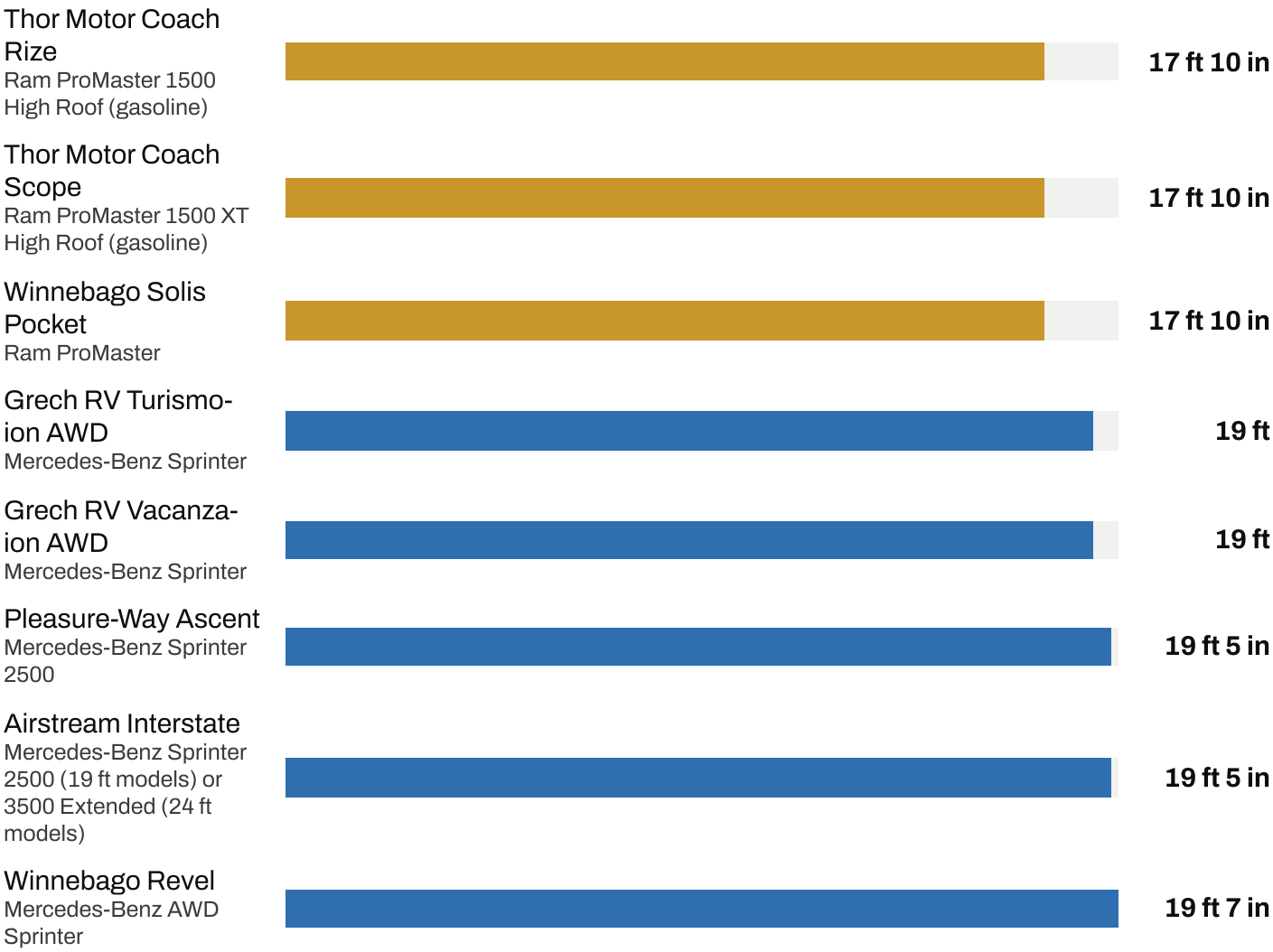
22 checked US builders name at least one small van, against 262 that name a Sprinter, Transit or ProMaster. Browse the builders or the DIY kits.

HOW SHORT CAN A CAMPER VAN BE?

Finished camper vans start under 18 feet in our data. Of the 34 production camper vans we have read from the makers' own sites, 15 are under 20 feet long in their shortest version, and the shortest is 17 ft 10 in. [18]

PRODUCTION CAMPER VANS

The shortest camper vans in our model data



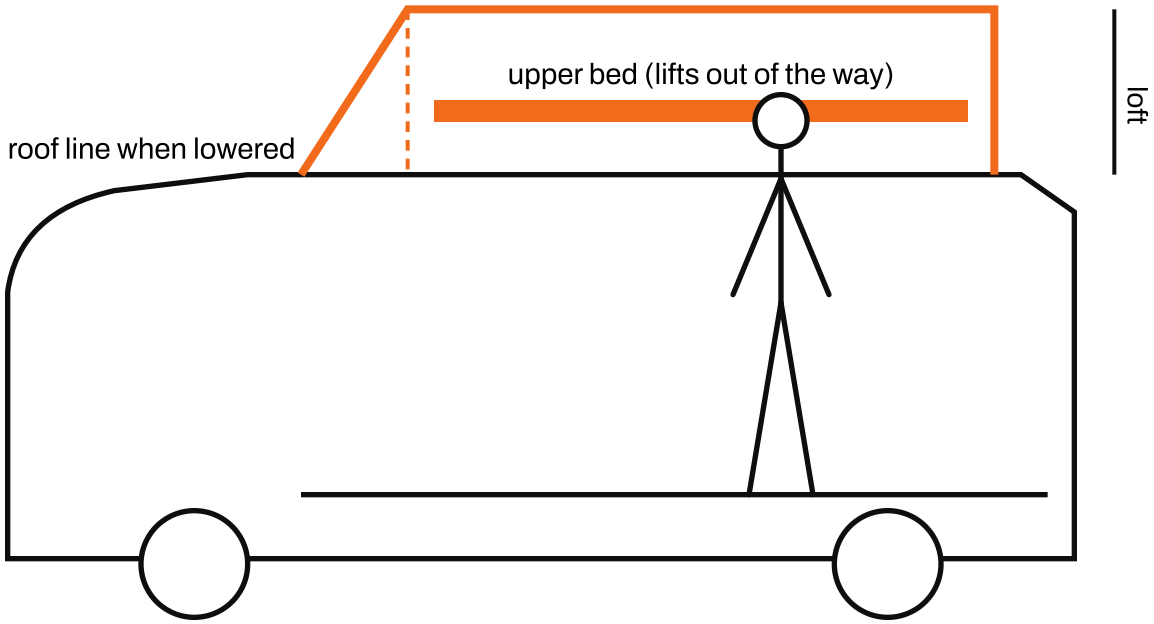
Computed from our model data at build time; lengths as each maker lists them. [18]

Winnebago Solis Pocket is one of the shortest, and Winnebago lists 6 feet 3 inches inside its 36B floorplan, on a 136 inch wheelbase ProMaster. [11] Among bare cargo vans, Ram puts the shortest ProMaster at around 195 inches and Mercedes-Benz the Sprinter 144 at 234 inches; Ford lists the regular length Transit at 217.8 inches. [3] [1] [8] For the Sprinter wheelbases in detail, see 144 vs 170. Every finished model is on the camper vans page.

DO POP TOPS GIVE YOU STANDING ROOM?

Yes, while parked and raised. A pop top is a roof section that lifts for headroom and folds down for driving, so a low van keeps its garage height. The trade: fabric walls, and a top you must lower before you drive.

POP TOP, RAISED (NOT TO SCALE)



Raised: standing room under the open top. Lowered: the van keeps its low roof height.

Drawn by vanlife.co from the makers' descriptions; not to scale and not any one maker's top. [12] [14]

On a compact van. Recon Campers says its NV200 pop top loft is 40 inches tall above the roof line at its highest, with over 7 feet of standing room when the upper bed board is lifted; its ENVY package starts at $35,950 without the van. [12]

On a full-size low roof. GTRV gives the stock low roof Transit at about 83 inches tall and says a pop top adds about 4 inches, for about 87 inches closed: under an 8 foot door, not a standard 7 foot one. [14]

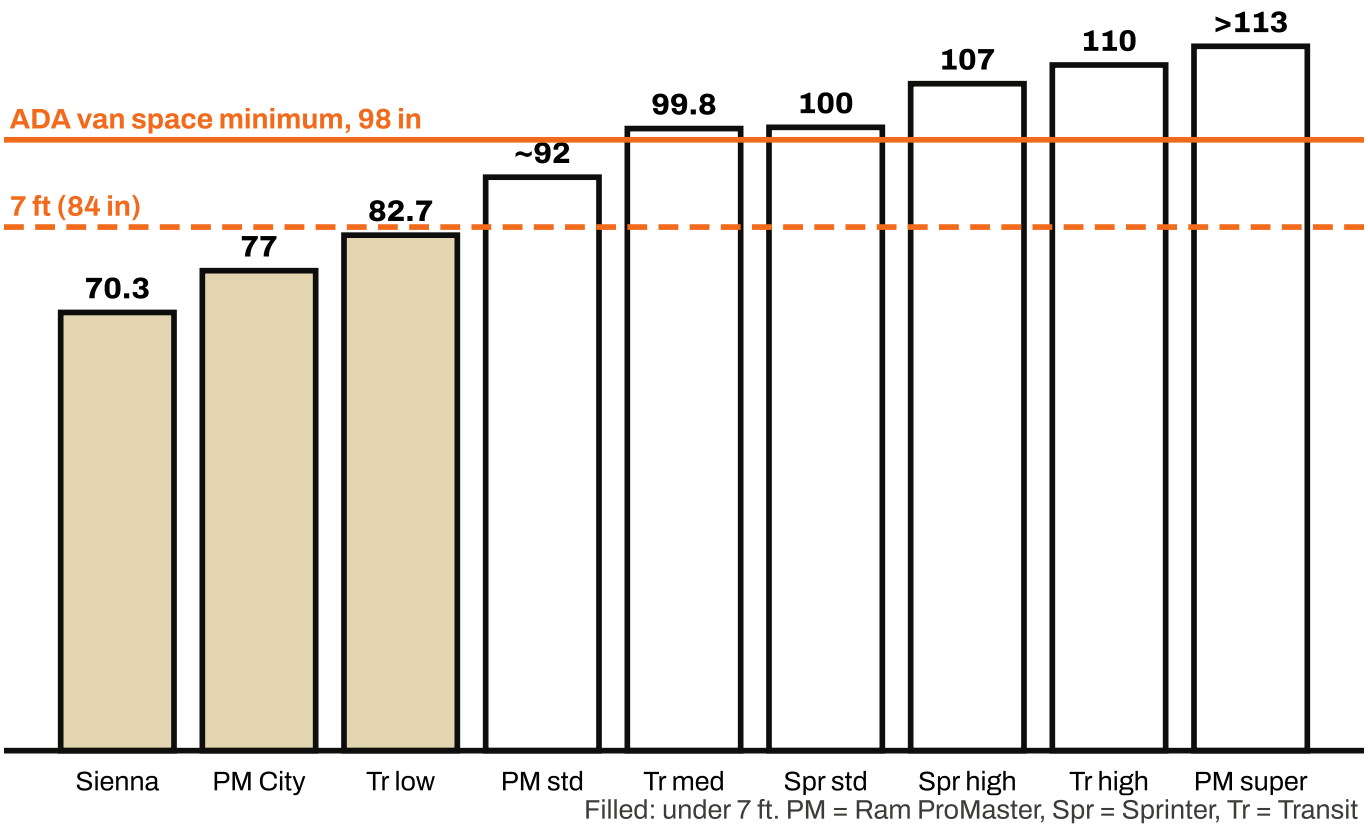
On a finished camper. Winnebago offers pop-top sleeping on the Solis, and Airstream on the Rangeline, according to the floorplans in our model data. [11] [18]

Cutting a roof is structural work. Use a maker or installer who builds tops for your exact van; see the parts makers and builders we have checked.

WILL A SMALL OR TALL VAN FIT IN A GARAGE OR PARKING STRUCTURE?

Small vans and minivans usually do; high roof vans usually do not. Ram says some urban parking structures are as low as 7 feet (84 inches), and van-accessible parking spaces under the 2010 ADA Standards need 98 inches of vertical clearance. [4] [17] Outside heights as the makers list them:

OUTSIDE HEIGHT, TO SCALE



Drawn by vanlife.co to scale from the makers' overall heights; the ProMaster standard and super high figures are Ram's rounded wording. Before anything goes on the roof. [10] [5] [8] [3] [1] [17]

Roof gear adds to all of these. For the trade-offs of roof racks and solar height, see roof racks and flexible vs rigid solar.

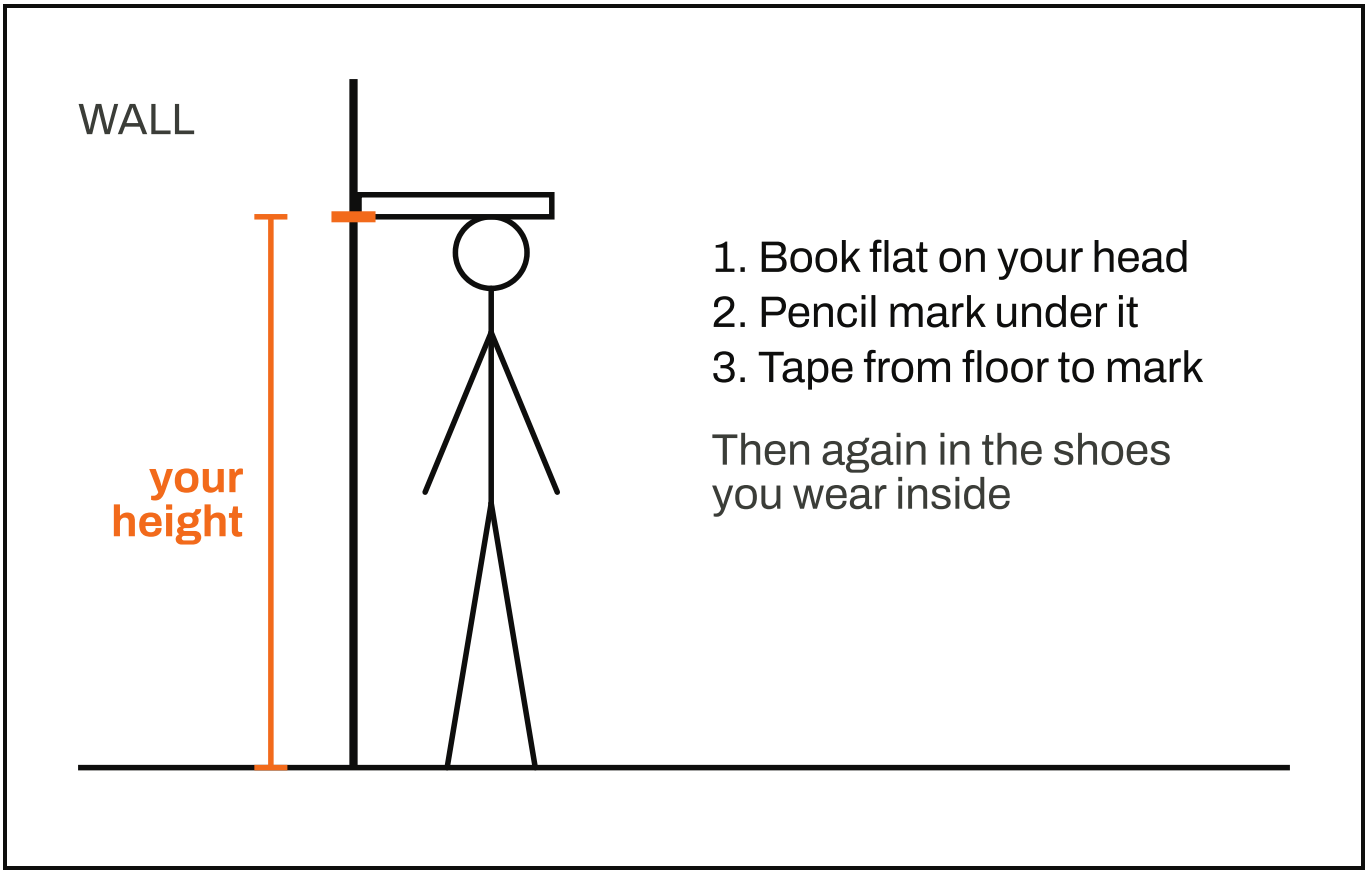
HOW TO CHECK WHETHER YOU CAN STAND UP IN A VAN, STEP BY STEP

Do this before you buy the van, with a tape measure and the maker's spec page open. It takes the guesswork out of the one number you cannot change later.

SKILL	STEPS	TOOLS
Beginner	**6**	Tape measure Pencil Hardback book or flat board The maker's spec page for the exact van

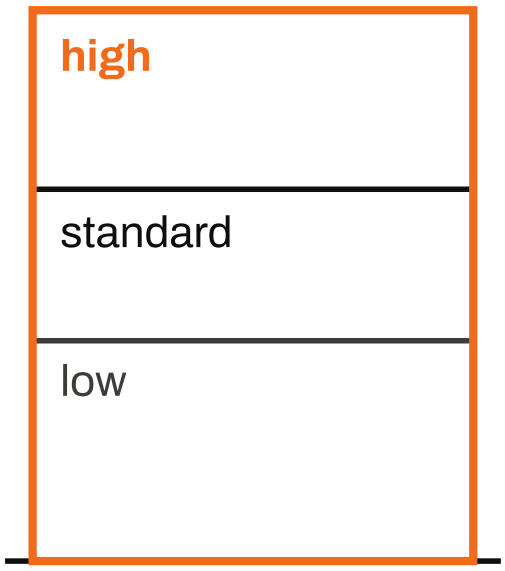
01 Measure your own height, then your height in shoes

Stand with your heels against a wall, rest a hardback book flat on your head, mark the wall under it and tape the mark from the floor. Do it again in the shoes you will wear in the van. For scale, CDC's measured median for US adults is 69.0 inches for men and 63.5 for women; one man in twenty is 73.7 inches or taller. [16]



02 Find the maker's inside height for the exact roof

Look up the roof and body you would buy, not the tallest one on the page. Makers word it differently: Mercedes-Benz lists standing height (68 inches standard roof, 79 high), Ram lists cargo height (66, 77 and 86 inches), and Ford lists maximum cargo height (70.3 inches medium roof, 79.7 high).[1][2][8] Write the figure down with its source.



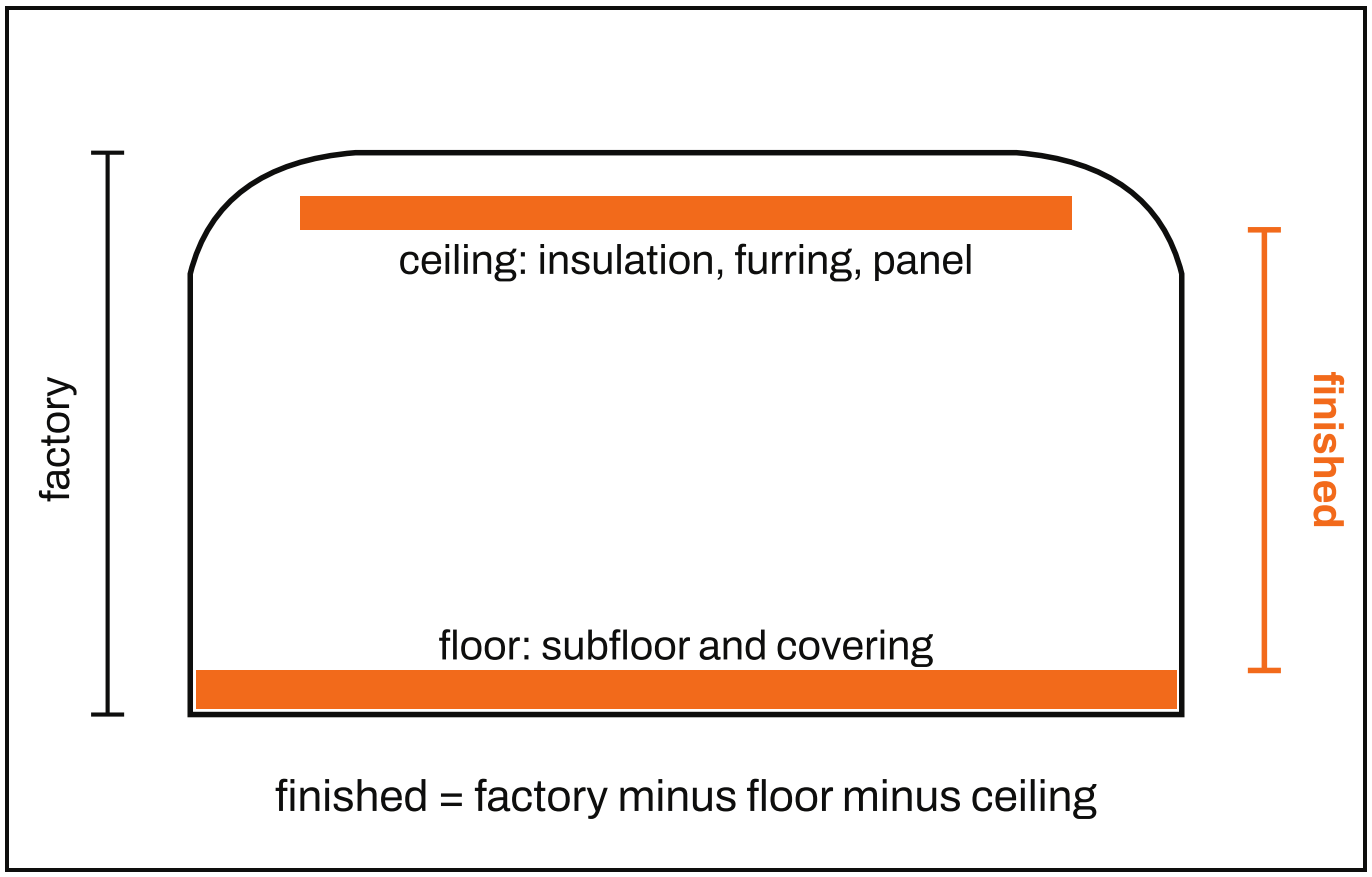
The makers' words

Mercedes: standing
Ram: cargo height
Ford: maximum cargo

Match the exact roof, body and model year

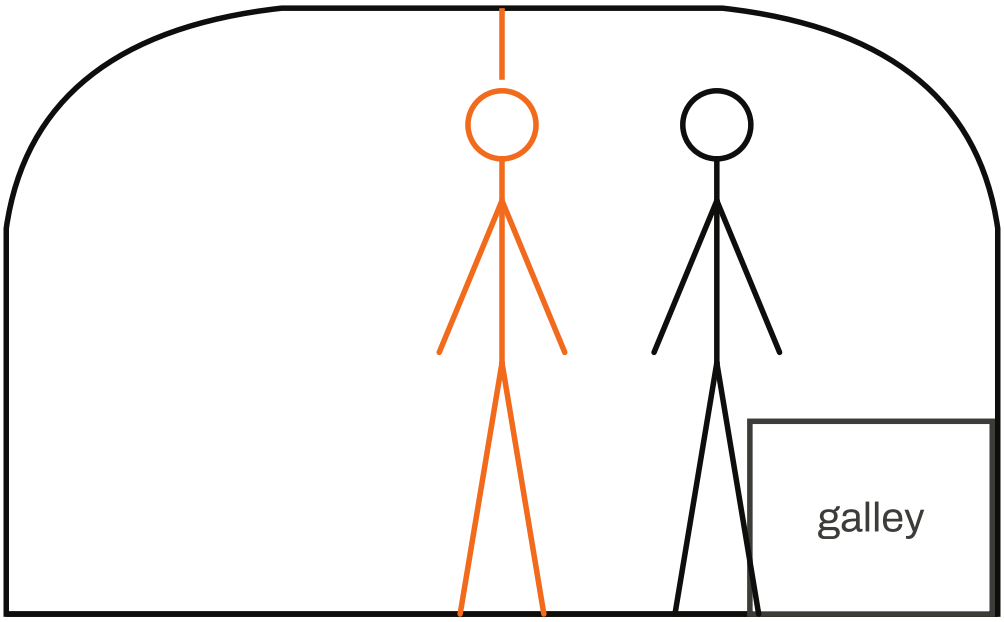
03 Subtract the floor and ceiling you will build

Take off the thickness of your subfloor and covering and of your insulation, furring and ceiling panel. Our van floor guide puts a published subfloor system at about an inch before the covering; the ceiling guide explains what the ceiling takes. For a built example, Winnebago lists 6 feet 3 inches inside its Solis Pocket 36B on a ProMaster, against Ram's 77 inch bare high roof figure.[11][2]



04 Check the height where you will actually stand

Stand inside a real van of the same roof and walk the spots you will use: the galley, the door and where you dress. Ford words its figure as a maximum, and roofs curve toward the walls, so the edges are lower than the middle. [8] Cabinets and a roof fan trim can take more. A dealer lot or a builder's shop is the easiest place to try.

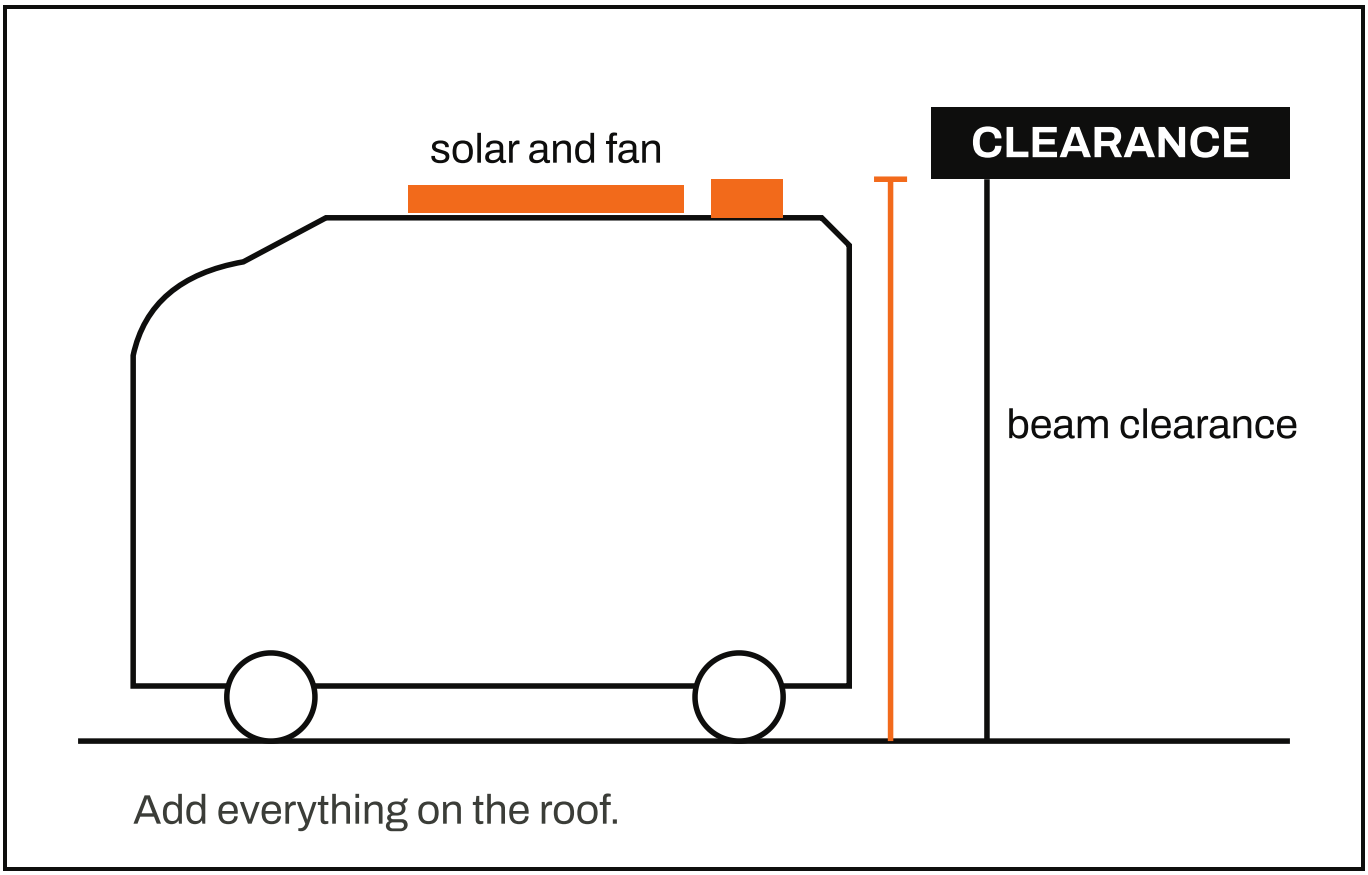


Check the galley, not only the middle.

05 Measure the outside height against your garage and parking

Add everything on the roof (fan, solar, rack) to the maker's overall height and compare it with your garage door, your workplace garage and any structure you use. Mercedes-Benz lists 107 inches for the Sprinter high roof (111 with all-wheel drive), Ford 110 for the Transit high roof; van-accessible parking spaces under the 2010 ADA Standards must give at least 98 inches. [1] [8] [17]

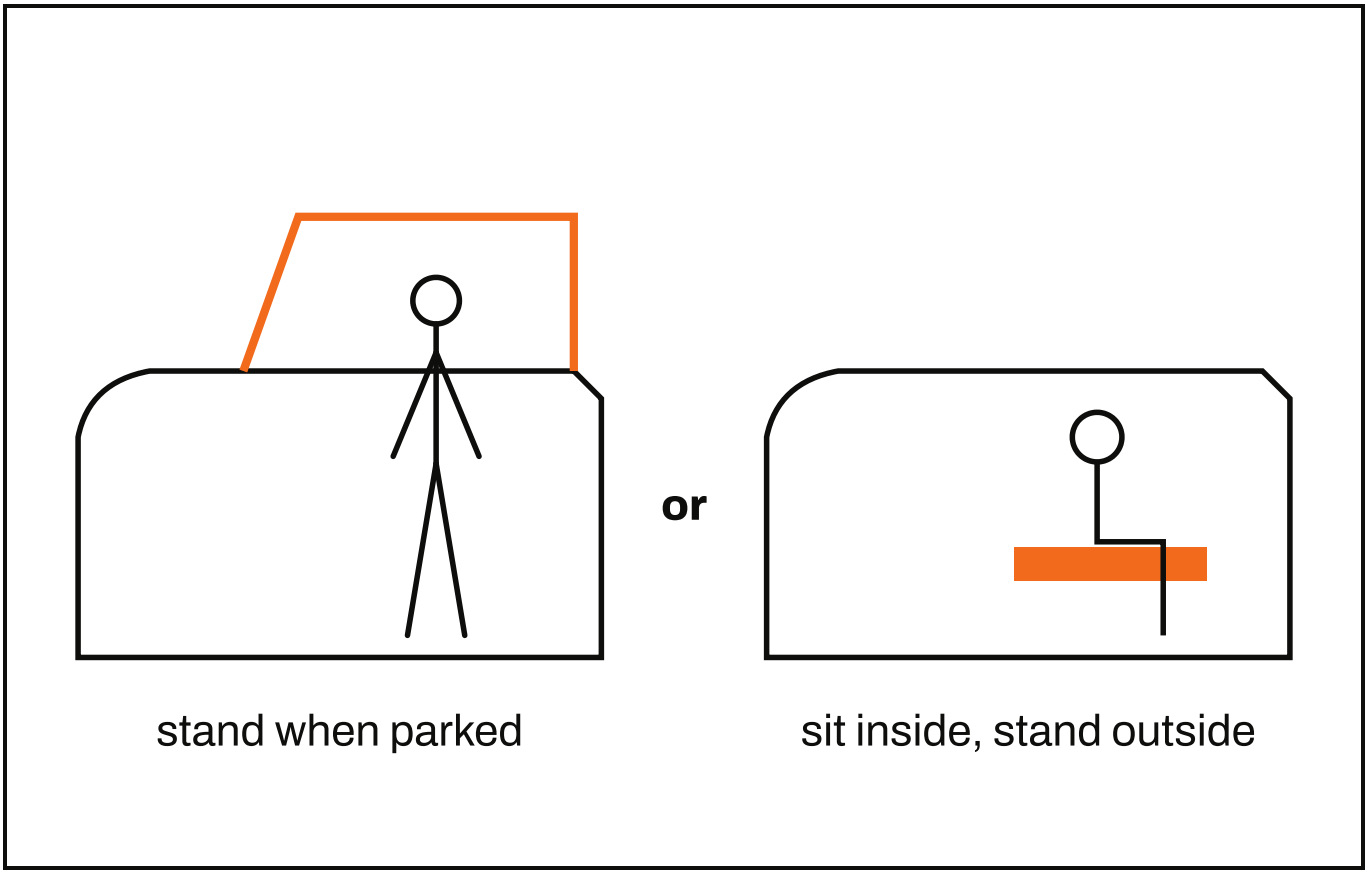
Caution. Read the posted clearance and measure; do not assume a structure meets any standard. A roof fan or solar panel can be the part that hits.



Add everything on the roof.

06 If the numbers do not work, choose a pop top or a sit-down layout

A pop top keeps a low roof for driving and parking and gives standing room when raised: Recon Campers says its NV200 pop top rises 40 inches above the roof line, with over 7 feet of standing room once the upper bed is lifted.[12] The other route is a layout built for sitting, with the stand-up jobs outside. Compare both in layout planning.



SMALL VAN OR TALL VAN: WHICH SUITS YOU?

Pick by where you park and how long you stay inside, then check the numbers above against your own height.

IF THIS IS YOU	LOOK AT	WHY, BY THE FIGURES
Weekends, city parking, a home garage	ProMaster City, a minivan, or a low roof with a pop top	Under 7 feet tall stock; a pop top adds standing room when parked
Living in it, cooking and dressing inside	A high roof Sprinter, Transit or ProMaster	77 to 86 inches inside before the build
Taller than the 95th percentile man (73.7 in)	ProMaster super high roof, or measure a Transit or Sprinter high roof built out	86 inches inside on Ram's figure; 79 to 79.7 on the others before the floor and ceiling
You need both: garage at home, standing room away	A low roof full-size van with a pop top	GTRV gives about 87 inches closed on a low roof Transit: check your own door

Still choosing the base van? Read which van for which kind of van life, compare Sprinter vs Transit vs ProMaster, or get matched with a builder who works on the van you want. Building it yourself? Start at the DIY library.

The live version of this guide, with every source linked: vanlife.co/guides/small-camper-van. Builders, kits and parts makers we checked: vanlife.co/builders.

QUESTIONS PEOPLE ASK

Can you stand up in a Sprinter van?

In the high roof, most adults can. Mercedes-Benz lists 79 inches of standing height for the Sprinter high roof and 68 inches for the standard roof, which is offered on the 144 inch wheelbase only. A finished floor and ceiling take some of that back.

Which van has the most standing room?

Of the three full-size US vans, the Ram ProMaster super high roof: Ram lists 86 inches of cargo height. Ford lists 79.7 inches for the Transit high roof (81.5 on its 2026 spec sheet) and Mercedes-Benz 79 inches for the Sprinter high roof.

Can you stand up in a Ram ProMaster City or a minivan?

Not without a pop top. Ram gives the 2027 ProMaster City a 77 inch exterior height and a 23.2 inch step-in height, so the inside is at most about 54 inches by our arithmetic. Toyota lists the 2026 Sienna at 68.5 to 70.3 inches tall outside.

How tall can you be and still stand in a high roof van?

Compare your measured height with the finished height, not the factory one. CDC's 95th percentile for US men is 73.7 inches. Mercedes-Benz lists 79 inches inside the Sprinter high roof; Winnebago lists 6 feet 3 inches (75 inches) inside a finished Solis Pocket on a ProMaster.

Will a high roof van fit in a parking garage?

Often not. Mercedes-Benz lists the Sprinter high roof at 107 inches tall and Ford the Transit high roof at 110. Van-accessible spaces under the 2010 ADA Standards need 98 inches, and Ram says some urban structures are as low as 7 feet. Read the posted clearance.

What is the smallest camper van you can buy finished?

In our data on 34 production camper vans, the shortest is 17 ft 10 in long (Thor Motor Coach Rize, Thor Motor Coach Scope, Winnebago Solis Pocket), measured from each maker's own site. Winnebago lists 6 feet 3 inches of interior height for the Solis Pocket 36B.

Does a pop top let you stand up?

Yes, when it is raised. Recon Campers says its NV200 pop top rises 40 inches above the roof line, with over 7 feet of standing room when the upper bed is lifted. GTRV says a pop top adds about 4 inches to a low roof Transit when closed.

SOURCES

Heights and lengths come from each maker's own US pages; where a maker words a figure differently (standing, cargo or maximum cargo height), the page says so. Ford's site refused our tools on 25 November 2026, so Transit figures are as read on 23 November 2026. Adult heights are CDC's measured NHANES data for ages 20 and older. The ProMaster City inside height is our arithmetic, an upper limit, not a Ram figure. Model lengths and builder counts are computed from our data at build time; a builder counts for a van only when its own site names it.

Mercedes-Benz Vans USA, 2027 Sprinter Cargo Van: lineup and specification panels (https://www.mbvans.com/en/sprinter/cargo-van). Read 25 November 2026

Ram, 2026 Ram ProMaster design (roof heights and cargo heights) (https://www.ramtrucks.com/ram-promaster/design.html). Read 25 November 2026

Ram, 2026 Ram ProMaster FAQ (exterior heights, interior heights, lengths, drive) (https://www.ramtrucks.com/ram-promaster/faq.html). Read 25 November 2026

Ram, All-New 2027 Ram ProMaster City overview (https://www.ramtrucks.com/ram-promaster-city.html). Read 25 November 2026

Ram, 2027 Ram ProMaster City design (exterior height, sliding door) (https://www.ramtrucks.com/ram-promaster-city/design.html). Read 25 November 2026

Ram, 2027 Ram ProMaster City capability (payload, cargo space, step-in height, turning diameter) (https://www.ramtrucks.com/ram-promaster-city/capability.html). Read 25 November 2026

Ram, vehicle data behind ramtrucks.com (model list and MSRP by version) (https://www.ramtrucks.com/services/vehicleData.getVehicle.prod.ramtrucks.js). Read 25 November 2026

Ford, 2027 Transit Cargo Van (roof heights, cargo heights, lengths) (https://www.ford.com/trucks/transit-passenger-van-wagon/models/cargo-van/). Read 23 November 2026; Ford's site refused our tools on 25 November 2026, so these figures were not rechecked

Ford, 2026 Transit technical specifications (https://www.fromtheroad.ford.com/us/en/articles/2026/whats-new-2026-ford-transit). Read 23 November 2026; Ford's site refused our tools on 25 November 2026, so these figures were not rechecked

Toyota, 2026 Sienna specifications (overall height by grade) (https://www.toyota.com/sienna/features/). Read 25 November 2026

Winnebago, Solis Pocket 36B floorplan and specifications (https://www.winnebago.com/models/solis-series/solis-pocket/36b). Read 25 November 2026

Recon Campers, ENVY pop top package for the Nissan NV200 (https://www.reconcampers.com/envy). Read 25 November 2026

GTRV, Toyota Sienna camper van conversion (specs that matter) (https://www.gtrv.com/toyota-sienna-camper-van-conversion). Read 25 November 2026

GTRV, Ford Transit camper van conversion (specs that matter) (https://www.gtrv.com/ford-transit-camper-van-conversion). Read 25 November 2026

CDC National Center for Health Statistics, FastStats: Body Measurements (https://www.cdc.gov/nchs/fastats/body-measurements.htm). Read 25 November 2026

CDC NCHS, Anthropometric Reference Data for Children and Adults: United States, August 2021 to August 2023, Vital and Health Statistics Series 3, No. 50 (June 2025), Table 8 (https://www.cdc.gov/nchs/data/series/sr_03/sr03-050.pdf). Read 25 November 2026

US Department of Justice, 2010 ADA Standards for Accessible Design, 502.5 Vertical Clearance (https://www.ada.gov/law-and-regs/design-standards/2010-stds/). Read 25 November 2026

Vanlife camper van models: lengths read from each maker's own site (https://vanlife.co/camper-vans). Computed from our data on 25 November 2026

Vanlife builder directory: the vans each checked builder names on its own website (https://vanlife.co/builders). Computed from our data on 25 November 2026