## **Glove Sizing Guide**

There are three distinct steps needed to determine your glove size. Measure your index finger, measure your hand width across the knuckles, and using those two numbers, select the glove size closest to your measurements. Look at the chart in Step 3 to determine your glove size. We hope this helps in your selection process. The chart below is in metric and inches to help in your size selection.

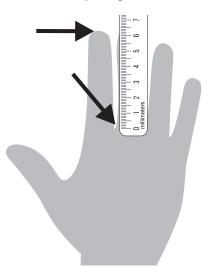
(mm / inches Step

**Finger Length** 

ndex

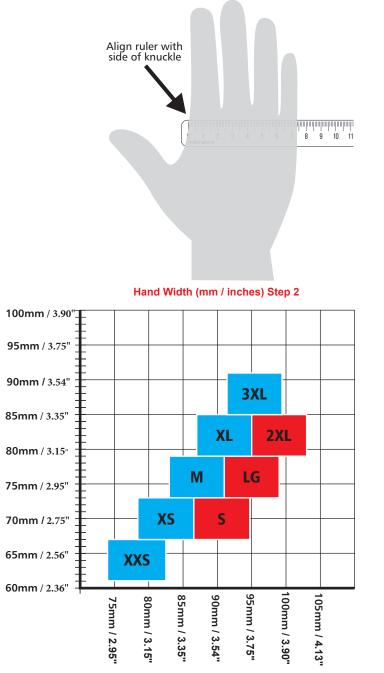
## **Step 1** Index Finger Length

Measure your index finger with a metric or inch ruler from the notch area between your index and middle finger to the top of your index finger.



## Step 2 Hand Width

Measure the width of your hand by placing your hand over a metric or inch ruler. Measure the distance under your knuckle from side to side.



## **Step 3** Determine your glove size

Using the two previous measurements (length and width), find where the approximate lines meet on the chart at right. Select the box that covers the intersection of the lines. If your index length falls between two boxes, select the lower box. If your hand width falls between two boxes, select the box to the right.