



## HOW TO MEASURE

**A Hand Circumference:**  
Wrap a measuring tape around your hand behind the knuckles, not including the thumb, keeping the tape snug. Measure both left and right hands and use the larger of the two measurements.

INTERNATIONAL SIZE	XS	S	M	L	XL	XXL	3XL
MEN'S HAND CIRCUMFERENCE (INCHES)		7½ - 8	8 - 8½	8½ - 9	9 - 9½	9½ - 10	10 - 11
MEN'S HAND CIRCUMFERENCE (CM)		17.8 - 20.3	20.3 - 21.6	21.6 - 22.9	22.9 - 24.1	24.1 - 25.4	25.4 - 27.9
WOMEN'S HAND CIRCUMFERENCE (INCHES)	6½ - 7	7 - 7½	7½ - 8	8 - 8½	8½ - 9		
WOMEN'S HAND CIRCUMFERENCE (CM)	16.5 - 17.8	17.8 - 19	19 - 20.3	20.3 - 21.6	21.6 - 22.9		