





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 | | |