

Glove Sizing Guide

Determining and wearing the correct size of glove for your hands is essential in order for the glove to perform optimally.

For maximum dexterity and comfort, the glove must be neither too loose fitting, leading to imprecise handling; nor too tight, causing discomfort and restricting movement.

For the ideal form, fit and feel, you can use the guide below to help determine the size you require.

Glove Size	Hand (mm)		Glove
	Palm Circumference	Length	Minimum Length
5	137	148	210
6	152	160	220
7	178	170	230
8	203	182	240
9	229	192	250
10	254	204	260
11	279	215	270
12	295	227	280



TO USE: place your right hand on the diagram, with your fingers together and your index finger aligned with the vertical grey line; the grey line should still be visible. Place your thumb crotch in the same position shown in the guide. Read off your size using the coloured lines.

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