## Hand and glove size

## Hestra glove size inches

| 6 | 7 | 8 | 9 | 10 | 11 |
| :--- | :--- | :--- | :--- | :--- | :--- |

Hand circumference (mm)

| 152 | 178 | 203 | 229 | 254 | 279 |
| :--- | :--- | :--- | :--- | :--- | :--- |

Hand length (mm)

| 160 | 171 | 182 | 192 | 204 | 215 |
| :--- | :--- | :--- | :--- | :--- | :--- |

Glove sizes are baesd on average human hand dimensions. This data is collected through extensive research.

## US Chart

| Youth | Woman | Men | Hestra Size |
| :--- | :---: | :--- | :---: |
| Infant | - | - | 0 |
| - | - | - | 1 |
| Youth XXS | - | - | 2 |
| Youth XS | - | - | 3 |
| Youth SM | - | - | 4 |
| Youth MD | Woman XS | - | 5 |
| Youth LG | Woman S | Men XS | 6 |
| Youth XL | Woman M | Men S | 7 |
| - | Woman L | Men M | 8 |
| - | Woman XL | Men L | 9 |
| - | - | Men XL | 10 |
| - | - | Men XXL | 11 |
| - | - | Men XXXL | 12 |
| - | - | Men XXXXL | 13 |

## Junior

| Age | Size |  |
| :--- | :---: | :--- |
| $2-3$ | 2 | Youth XXS |
| $4-5$ | 3 | Youth XS |
| $6-7$ | 4 | Youth SM |
| $8-9$ | 5 | Youth MD |
| $10-11$ | 6 | Youth LG |
| $12-13$ | 7 | Youth XL |

The sizes are only a recommendation.

## Measure your hand

Two things to consider regarding size and measurement of the hand:

- Cirumference of the hand
- Length of the hand

The hand's circumference is measured with a tape measure 20 mm above the thumb (see illustration).

The length of the hand is the distance between the wrist and the tip of the middle finger.


The length of the hand is the same as the distance between the wrist and the tip of the middle finger.

