

# HAND AND GLOVE SIZE



MEASURE THE HAND'S  
CIRCUMFERENCE AND THE  
LENGTH OF THE HAND

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

- Circumference of the hand
- Length of the hand

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

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

## Hestra Glove Size

6 7 8 9 10 11

## Hand Circumference (inches)

6 7 8 9 10 11

## Hand Length (inches)

6.3 6.7 7.2 7.6 8 8.5

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

# HESTRA®

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