## Method \#1

- Print this page containing the sizing gauge at $100 \%$. Printer settings must be set to "fit to page".
- Place the side of your index finger next to the red line as shown below. The number closest to your hand will be the recommended glove size.


Method \#2

- Using a measuring tape, measure the circumference of your hand just below the knuckles. Refer to the chart below to determine your size.

| Measurement | Glove Size |
| :---: | :---: |
| $5^{\prime \prime}$ | XX-Small |
| $6^{\prime \prime}$ | X-Small |
| $7^{\prime \prime}$ | Small |
| $8^{\prime \prime}$ | Medium |
| $9^{\prime \prime}$ | Large |
| $10^{\prime \prime}$ | X-Large |
| $11^{\prime \prime}$ | XX-Large |
| $12^{\prime \prime}$ | XXX-Large |



