

# 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 based 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

## Baby

Age	Size	
0-1	0	Toddler 0
1-2	1	Toddler 1
2-3	2	Toddler 2
3-4	3	Toddler 3
4-5	4	Toddler 4
5-6	5	Toddler 5
6-7	6	Toddler 6

## 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:

- Circumference 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.

