



- 1) When printing the Glove Sizer, make sure to print at 100%. Scale (A) must be precisely 2 inches long to ensure accurate measurement.
- 2) Measure your dominant hand - the right if you are right-handed, and the left if you are left-handed.
- 3) Place (B) in the center of your palm. Wrap the Glove Sizer around the back of your hand and over the palm.
- 4) Your glove size will be clearly indicated at line (C).
- 5) Place line (D) at the base of your wrist. Measure with the ruler side to the tip of the middle finger.
- 6) Measurements (C) and (D) should nearly be the same. If one measurement is larger, go with the larger size.