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Kids L

Adult sizing guide

**Note: This guide is intended to be printed.
Please do not try to use it on-screen, since the
dimensions will be inaccurate.**

Instructions:

1) **Print** this sizing guide. Make sure to print at "Actual Size" (or scale turned to 100%).
*Note: **DO NOT** select the "Shrink" or "Fit to Page" options when printing, since they will reduce the size of the guide.*

1a) To confirm you've printed this guide at the correct size, measure the length of the Palm Line. It should measure exactly 5 inches long (12.7cm).

2) Place the palm of your hand just above the horizontal Palm Line.

Note: see photo for precise placement

3) Place the rest of your hand down on the paper so your middle finger is on top of the dashed vertical line.

4) Your size is indicated by the box where the tip of your finger ends.

Palm Line

0"

5" (or 12.7cm)