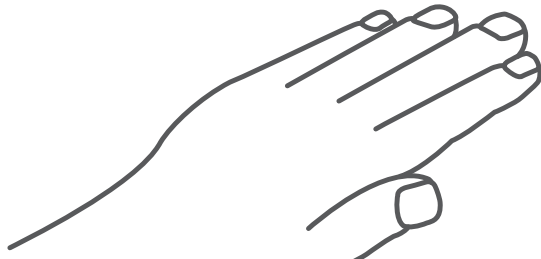
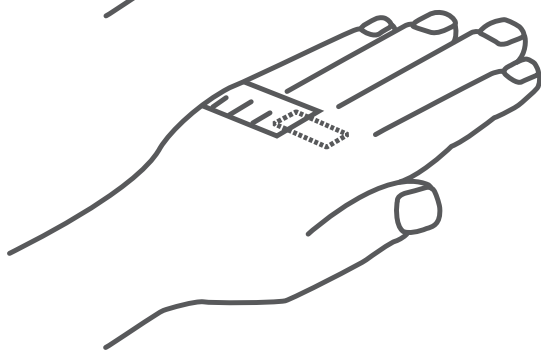




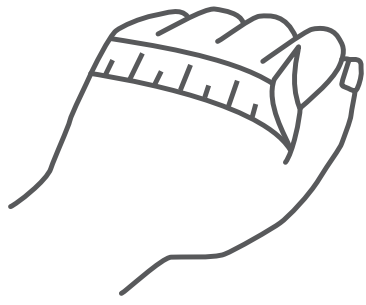
# Choose your gloves size!



**1** Stretch out your hand.



**2** Wind the tape measure around your hand at the level of your knuckles. You can position the tape easier by taping it on the top of your hand.



**3** Slightly fold your hand without clenching your fist and take the measurement. If you are between two sizes, take the biggest one.

## Women gloves size

<b>Inch</b>	6	6 <sup>1/2</sup>	7	7 <sup>1/2</sup>	8
<b>cm</b>	15.2	16.5	17.8	19	20.3
<b>Sport size</b>	XS	S	M	L	XL

## Man gloves size

<b>Inch</b>	7 <sup>1/2</sup>	8	8 <sup>1/2</sup>	9	9 <sup>1/2</sup>	10
<b>cm</b>	19	20.3	21.6	22.9	24.1	25.4
<b>Sport size</b>	XS	S	M	L	XL	XL

**Print this page and cut out the ruler.**  
**Ensure that the tape measures ten inches**  
**or 27.90 cm once printed**  
**(scale of your printer = 100%).**

**IMPORTANT**  
**In the window of the printer's settings,**  
**check that the "scaling" drop-down**  
**menu is set to: "none".**

# Choose

## your harness size!

Harness size board (in mm)

Reference	Chest (A)	Size (B)	Thigh (C)	Height (D)
S	700 - 1000	750 - 1000	500 - 700	600 - 750
M	800 - 1200	900 - 1200	550 - 750	750 - 850
XL	1000 - 1500	1000 - 1350	550 - 900	700 - 950

