

Rab Glove Size Chart

How to measure:

Hand circumference: Measure the circumference around the knuckles of your four fingers.

Hand length: Measure from the base of the wrist to the tip of your middle finger.

Men’s Gloves

SIZE	HAND CIRCUMFERENCE	HAND LENGTH
XS	16.5 - 18cm / 6.5 - 7in	15.5 - 16.5cm / 6 - 6.5in
S	18 - 19cm / 7 - 7.5in	16.5 - 18cm / 6.5 - 7in
M	20 - 21.5cm / 8 - 8.5in	19 - 20cm / 7.5 - 8in
L	23 - 24cm / 9 - 9.5in	21.5 - 23cm / 8.5 - 9in
XL	24 - 25.5cm / 9.5 - 10in	23 - 24cm / 9 - 9.5in
XXL	25.5cm+ / 10in+	24.5cm+ / 9.5in+

Women’s Gloves

SIZE	HAND CIRCUMFERENCE	HAND LENGTH
XS	15.5 - 16.5cm / 6 - 6.5in	14.5 - 15.5cm / 5.5 - 6in
S	16.5 - 18cm / 6.5 - 7in	15.5 - 16.5cm / 6 - 6.5in
M	19 - 20cm / 7.5 - 8in	18 - 19cm / 7 - 7.5in
L	20 - 21.5cm / 8 - 8.5in	19 - 20cm / 7.5 - 8in
XL	22cm+ / 8.5in+	20.5cm+ / 8in+