

Measurement of hands:

1. Measure the circumference (CIR) of the hand around MCP in cm.
2. Measure the length of the hand from the wrist to dig.3 (middle finger) in cm.

NOTE: At times when the measurements give different sizes, we recommend choosing the larger size.

For example: A glove for an adult in size 10 fits a hand with a circumference (CIR) **less than or equal** to 25 cm and a length **less than or equal** to 20 cm.

NOTE: Recommended size is only an indication and may vary depending on user group/model.

Baby Zip(1 - 5), Fjellvott(2 - 7)		
Child		
Size	CIR	Length
1	≤ 13.0	≤ 9.5
2	≤ 13.5	9.5 - 10.0
3	≤ 14.0	10.0 - 10.5
4	≤ 14.5	10.5 - 11.0
5	≤ 15.0	11.0 - 12.0
6	≤ 15.5	12.0 - 13.0
7	≤ 16.0	13.0 - 14.0

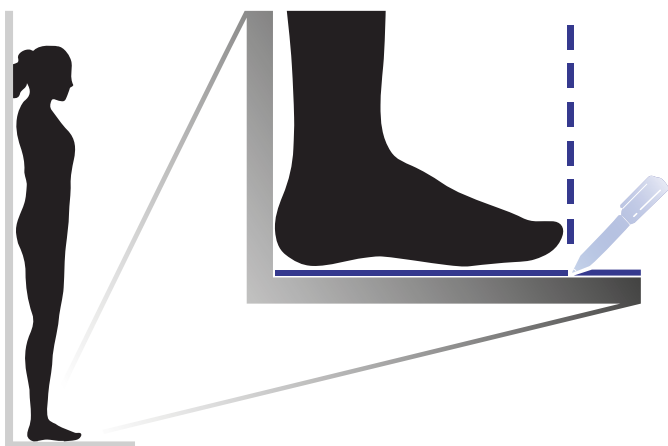
Budor, Trysil, Heli Ski Jr, Prima, Goretex Jr, Heli Ski Finger Jr		
Junior		
Size	CIR	Length
3	≤ 15.0	≤ 13.0
4	≤ 15.5	13.0 - 13.5
5	≤ 16.0	13.5 - 14.0
6	≤ 16.5	14.0 - 14.5
7	≤ 17.0	14.5 - 15.0

Adult		
Size	CIR	Length
6	≤ 15.0	≤ 16.0
7	≤ 17.5	16.0 - 17.0
8	≤ 20.0	17.0 - 18.0
9	≤ 22.5	18.0 - 19.0
10	≤ 25.0	19.0 - 20.0
11	≤ 27.5	20.0 - 21.5
12	≤ 30.0	21.5 - 23.0
13	≤ 32.5	23.0 - 24.5

≤ = less than or equal to.

Measurement of feet:

1. Stand against a wall or something similar.
2. Place the heel against the wall on top of a sheet of paper on a flat surface.
3. Mark the end of the big toe with a pencil.
4. Measure the length of the result in cm and compare with the size chart.



Insoles		
Size	Length (Foot)	Length (Insole)
20/21	≤ 13.5	14.0
22/23	13.5 - 14.5	15.0
24/25	14.5 - 16.0	16.5
26/27	16.0 - 17.2	17.7
28/29	17.2 - 18.3	18.8
30/31	18.3 - 19.5	20.0
32/33	19.5 - 20.7	21.2
34/35	20.7 - 22.0	22.5
36	22.0 - 22.8	23.3
37	22.8 - 23.5	24.0
38	23.5 - 24.0	24.5
39	24.0 - 24.5	25.2
40	24.5 - 25.3	26.0
41	25.3 - 25.9	26.7
42	25.9 - 26.7	27.2
43	26.7 - 27.2	27.8
44	27.2 - 28.0	28.5
45	28.0 - 28.5	29.2
46	28.5 - 29.5	30.0
47	29.5 - 30.0	30.6
48	30.0 - 30.5	31.2