



**Measuring  
your  
hands  
for  
gloves**

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# Introduction

Hello and welcome to my guide to measuring hands for gloves.

Each hand is as unique as the person it belongs to. Very often we are all too aware of the shortcomings within our bodies so being in a position to create something unique is a real honour.

Our hands come in all shapes and sizes. My method takes you through the key measurements I use when making my gloves.

Usually, we make a pattern to fit the larger hand. If there is a large discrepancy between measurements you may find that you need to make a pattern for each hand. You will need to make adaptations based on the hands you have in front of you.

There may be occasions where you have to make adjustments in case of injury or infirmity.

For example, your client may have a bent finger owing to arthritis. Here you will need to adapt your measurements to cover the length of the finger as the finger is unable to lie flat. Using a soft dressmakers tape measure will be useful here as you may need to follow the shape of the finger.

Happy measuring,

Elizabeth

## Suggested equipment

- A3 paper
- Eraser & pencil
- Dressmaker's soft tape measure
- Ruler and protractor

## Which is the larger hand?

You may find that there is quite a difference between your hands in terms of size. I find that my right hand is larger when I measure around my clenched fist so that is the one I create the pattern for.

I would advise drafting the pattern to fit your larger hand. You can of course draft a pattern for each hand if you wish. To work out which one to do, I would measure around the open and closed fist for each hand and then work with the hand that has the larger measurement to create the pattern.



If you are making gloves for someone else always measure their hands yourself.

It is really important to have an understanding of the geography and configuration of the hands you are making for. People aren't always very good at measuring, so it may be easier to check their hands for yourself.

## The glove pattern

When you construct the basic glove pattern it will look something like the picture on the right.

This may look a little confusing at first. Hang in there if it does.

I would advise reading through all the instructions first and then starting to measure.

All the measurements will play their part.

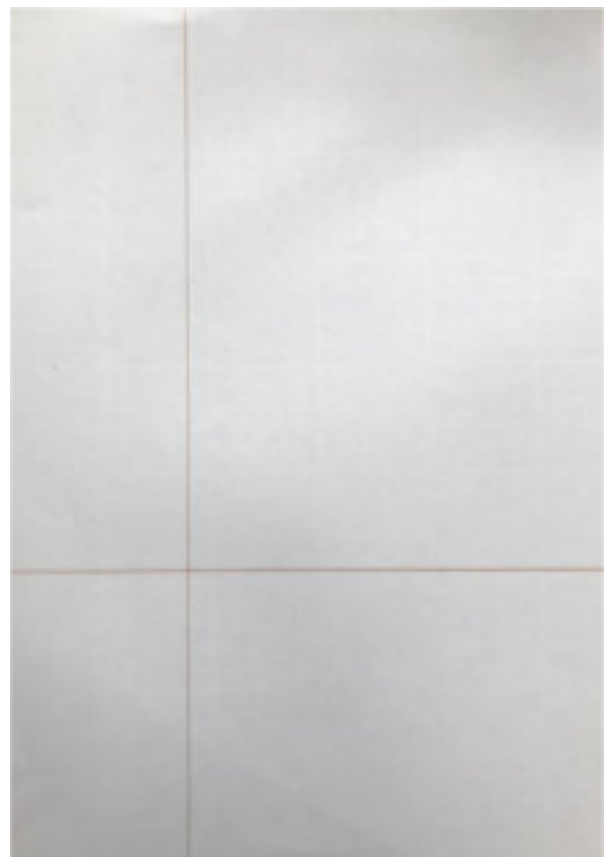
This guide is just about measuring.

On an A3 sheet of paper, in portrait orientation, draw a vertical axis that is one-third of the distance from the left page edge and base (reverse if using your left hand).

Mine is 8cm away from the edge.

The axis needs to be far enough away from the edge for you to place your hand on the paper as shown in the next step.

Then draw your horizontal axis just under halfway up the page. Mine is 17cm from the base of the page.



# Drawing around your hand



Line your hand up so that the side of your hand by your index finger and most of your arm are parallel to the vertical axis, palm down. (Your index finger will be against the line and your forearm will be parallel to the vertical axis).

I have put my horizontal line just above my wrist bone.

Your hand should be relaxed and not pressed into the table.

My thumb extends over the vertical line.

Draw around your hand, and keep your pencil vertical as you go.

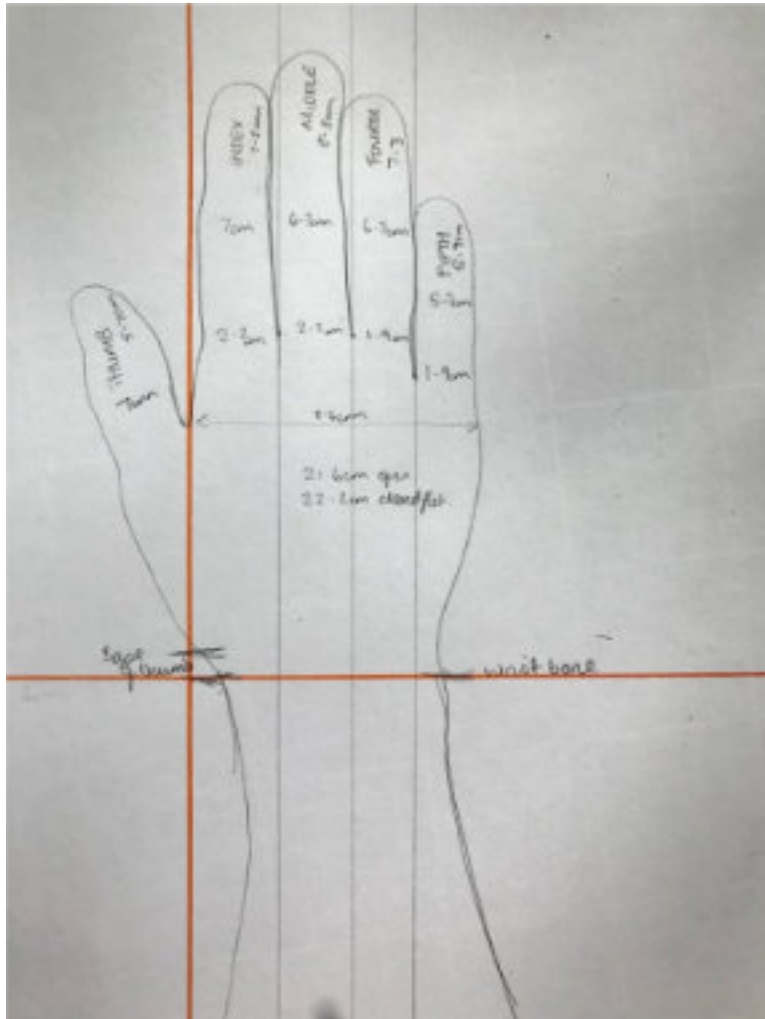
Go down in between your fingers to the webbing, so we know where the base of the fingers is. Mark the base of the thumb, where the straight arm starts.

Once I am happy with the position of my hand I go over the outline again in fine liner so I can't accidentally rub it out.



You will write all your measurements on this drawing.

## Taking your measurements.



We are now going to take some measurements and write them down on the same sheet.

You can use inches or centimetres for this pattern.

Try to stick with one unit of measurement and don't mix the two.

You will need to be comfortable breaking down the units, so go with the one you feel most comfortable with.

Wrap the tape measure around the widest part of the fist, with your fist open and your hand flat (see p4).

Keep the tape measure flat and overlap the ends to obtain the measurement.

Repeat with the fist closed (See p4). Note these two measurements on your sheet, especially the difference between the two.

Measure around the first joint away from the knuckles. Wrap the tape measure around the knuckle so it lies flat and record the measurement where the tape overlaps.

It can be tempting to pull the tape measure tight. Don't do this. The tape measure needs to lie flat and comfortably around the skin for all measurements. Repeat for the other knuckles, including the thumb too.



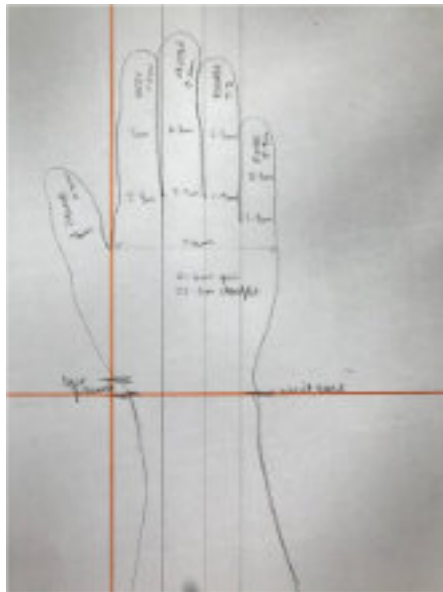
Measure the length of each finger by inserting the tape measure between the two fingers and pushing it down into the webbing.

Note the length for each separate finger on your sheet. Measure the length of your thumb as well.



You can also measure finger length by using a ruler.

Take care to insert this between the fingers carefully.



On your paper draft, measure the distance across the base of each finger to where it meets the next with your ruler. Write these on your sheet. Do the same for the thumb too.

Then measure across the hand at the widest point. We are going to work with the clenched fist measurement as we don't want the glove to burst open at the seams when your hand grips something.

We now need to compare the flat measurements across the hand against the clenched fist measurements to help draft the pattern.

For example, the measurement around the widest part of my hand (around the knuckles) is 21.6cm, and with my fist closed 22.2cm. It is the closed-fist measurement we will be working with.

As I measure the flat across my hand (near the knuckle) at the widest point I can see that figure is 8.6cm.

If I double this I get the distance across the hand for the front and back of my hand 17.2cm.

I need to find out the difference between the two, then work out the overall width of my trunk.

You are then into drafting your pattern.

Your measurements will look a bit like this.

I have added additional vertical lines running through the base of the fingers and down the hand.

You don't need to do this for measuring as it is something that can help when drafting the pattern.

