

Find your size in about two minutes.

Two ways to measure: a paper strip for your finger (this page), or a ring you already own (next page).

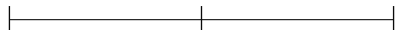
STEP 1 CHECK YOUR PRINT

Check the ruler and the card outline below. If either is off by more than 0.5 mm, reprint at 100% scale.

This ruler is exactly 100 mm (10 cm) long



This bar is exactly 2 inches (50.8 mm)



How to print at 100%

Choose "Actual size" or "Scale 100%" in the print window.

Turn OFF "Fit to page" and "Shrink to printable area".

On a phone, open the PDF in Files or Acrobat, not a browser preview.

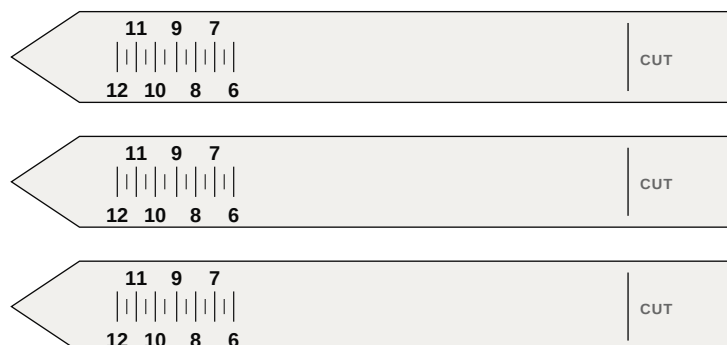
Use plain white paper, 80 to 90 gsm (standard office paper).

Credit card test

Lay any bank card on this outline.
Its edges should sit on the dashed line.

STEP 2 CUT OUT A STRIP

Cut around the outline, then cut along the slit line with a craft knife (or fold the strip and snip). Three strips, for retries.



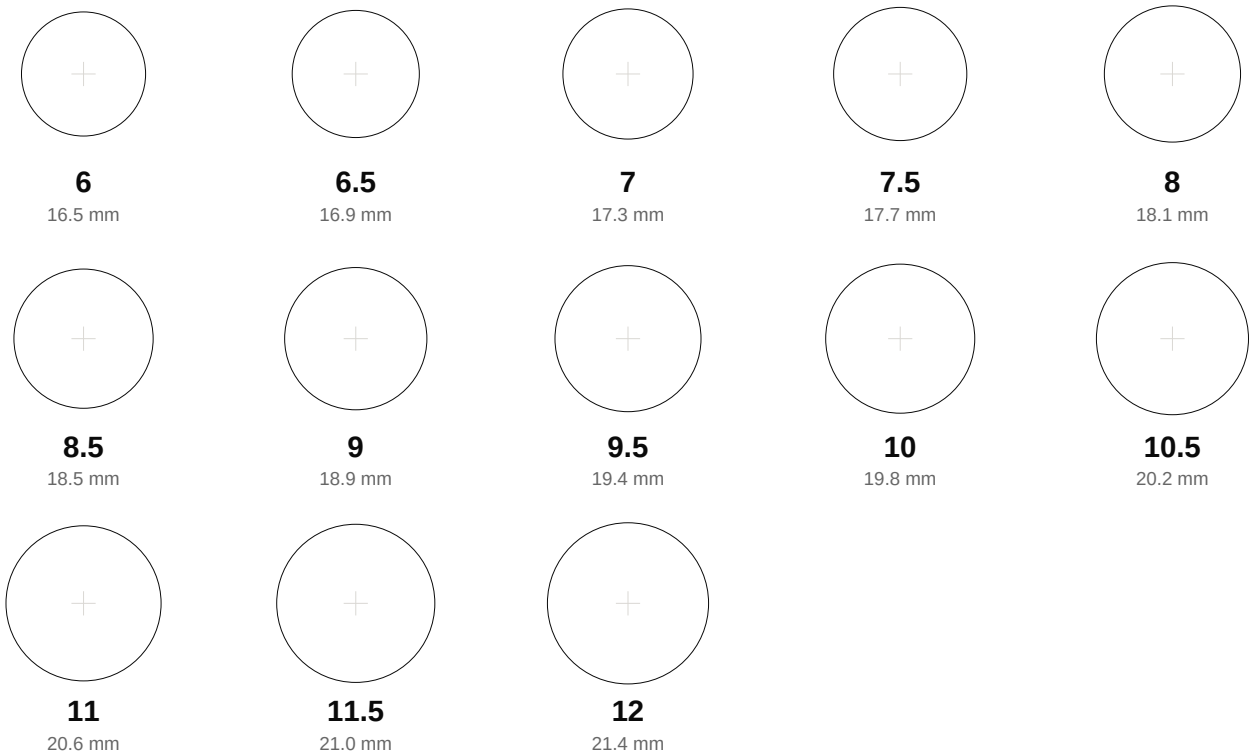
STEP 3 MEASURE

1. Push the pointed end through the slit, printed side facing out, to make a loop.
2. Slide the loop onto the base of the finger you will wear the ring on.
3. Pull the tail until the loop is snug, not tight. It should pass over your knuckle with a little resistance.
4. Read the number lined up with the slit. Measure 2 to 3 times and use the middle result.
5. Between two sizes? Pick the larger one. Ceramic rings can't be resized, and a wide band fits snugger than a thin one.

Best results: measure at the end of the day with warm hands, not right after a cold shower or a workout.

Already own a ring that fits?

Lay it flat on the circles. The inside edge of the ring should just touch the outside of the line.
Use a ring worn on the same finger. The circle it fills is your size.



SIZE REFERENCE

US size	Inside diameter	Inside circumference	US size	Inside diameter	Inside circumference
6	16.5 mm	51.8 mm	9.5	19.4 mm	60.9 mm
6.5	16.9 mm	53.1 mm	10	19.8 mm	62.2 mm
7	17.3 mm	54.3 mm	10.5	20.2 mm	63.5 mm
7.5	17.7 mm	55.6 mm	11	20.6 mm	64.7 mm
8	18.1 mm	56.9 mm	11.5	21.0 mm	66.0 mm
8.5	18.5 mm	58.1 mm	12	21.4 mm	67.2 mm
9	18.9 mm	59.4 mm			