

METHOD 1: MEASURE AN EXISTING RING (MOST ACCURATE)

1 Place ring on a flat surface.



2 Measure the inside diameter.



3 Match it to the size chart.

RING SIZE CHART

Size	Diameter	Circumference (mm)
6	16.5	52
7	17.3	54
8	18.1	57

TIPS:

- ✓ Measure at the end of the day.
- ✓ Avoid measuring cold fingers.
- ✓ When in doubt, size up.

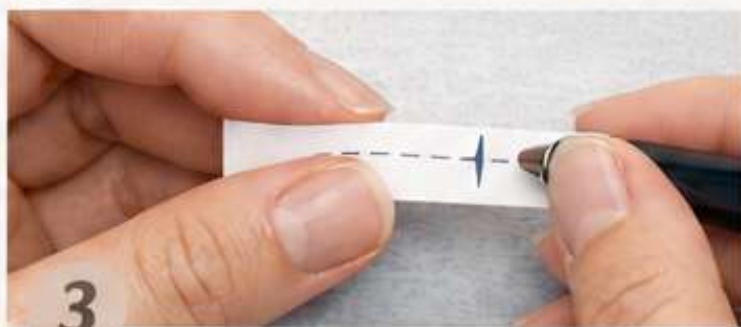
METHOD 2: MEASURE YOUR FINGER

1 Wrap a strip of paper around your finger.



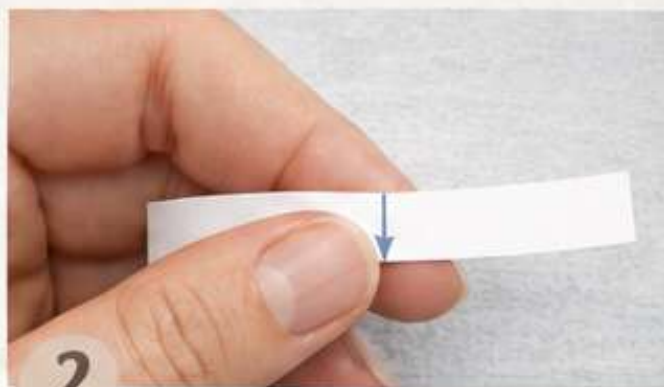
1

2 Mark where it overlaps.



3

4 Find your size on the chart.



2

3 Measure the paper in millimeters.

RING SIZE CHART

Size	Diameter	Circumference (mm)
6	16.5	52
7	17.3	54
8	18.1	57
9	18.9	62.1



Ring Sizes

EU	UK	US	MM (Inside Diameter)
44	F	3	14
45	F1/2	3 ^{1/4}	14.3
46	G1/2	3 ^{3/4}	14.6
47	H1/2	4 ^{1/4}	15
48	J	4 ^{1/2}	15.3
49	J1/2	4 ^{3/4} - 5	15.6
50	K	5 ^{1/4}	15.9
51	K1/2 - L	5 ^{1/2} - 5 ^{3/4}	16.2
52	L1/2	6	16.5
53	M	6 ^{1/4} - 6 ^{1/2}	16.8
54	N - N1/2	6 ^{3/4} - 7	17.2
55	O	7 ^{1/4}	17.5
56	O1/2 - P	7 ^{1/2}	17.8
57	P1/2	8	18.1
58	Q - Q1/2	8 ^{1/4} - 8 ^{1/2}	18.4
59	R	9	18.8
60	R1/2 - S	9 ^{1/4}	19.1
61	S1/2	9 ^{1/2}	19.4
62	T - T1/2	9 ^{3/4} - 10	19.7
63	U	10 ^{1/4}	20
64	U1/2 - V	10 ^{1/2} - 10 ^{3/4}	20.3
65	V1/2	11	20.6
66	W1/2	11 ^{1/2}	21
67	X - X1/2	11 ^{3/4}	21.3
68	Y	12 ^{1/4}	21.6
69	Z1/2	12 ^{3/4}	22
70	Z+1	13	22.3