

How To Find Your Ring Size

string method

To determine your ring size using the string method, wrap a piece of string (or paper) around the base of your finger where the ring will sit. Mark the point where it overlaps with a pen or marker. Measure the length of string (or paper) with a ruler that has millimeter markings. Match the measurement to the chart below using the column "Inside Circumference." Order the ring size in the corresponding row.

measuring an existing ring

If you already have a ring that fits your finger well, you can use that ring to find your size. Measure the inside diameter of the ring in millimeters and compare it to the column "Inside Diameter" on the chart below to find your ring's size.

tips to keep in mind when measuring

- Make sure you measure the correct finger on the correct hand! Your dominant hand is generally slightly larger.
- Rings with wider bands will fit a bit tighter. If you plan to measure an existing ring, try to measure one with a similar width to the ring you want to purchase.
- Make sure the finger is at normal body temperature – fingers can shrink or expand when hot or cold.
- Your fingers also tend to change size throughout the day – the best time to measure your finger is the end of the day.
- If your knuckle is bigger, take 2 measurements and choose a size in between – the ring needs to fit over knuckle but not be too loose or it will shift around.

ring size conversion chart

Inside Diameter	US Ring size	Inside Circumference
14.0 mm	3	44 mm
14.5 mm	3.5	45.5 mm
15.0 mm	4	46.8 mm
15.3 mm	4.5	48.0 mm
15.6 mm	5	49.3 mm
16.2 mm	5.5	50.6 mm
16.6 mm	6	51.9 mm
16.9 mm	6.5	53.1 mm
17.2 mm	7	54.4 mm
17.8 mm	7.5	55.7 mm
18.1 mm	8	57.0 mm
18.5 mm	8.5	58.3 mm
19.1 mm	9	59.5 mm
19.4 mm	9.5	60.8 mm
19.7 mm	10	62.1 mm
20.4 mm	10.5	63.4 mm
20.7 mm	11	64.6 mm
21.0 mm	11.5	65.9 mm
21.6 mm	12	67.2 mm
22.0 mm	12.5	68.5 mm
22.3 mm	13	69.7 mm
22.9 mm	13.5	71.9 mm
23.2 mm	14	72.8 mm