

How To Determine Your Ring Size

To figure out your ring size you can wrap a strip of paper around your finger making sure it is comfortable enough to slide up and down over your knuckle as a ring would.

Mark a line on each end where the two pieces overlap and measure the length between the two lines on the paper to work out the circumference of your finger.

Compare this length to the chart on the right to determine your ring size.

Diameter (mm)	Circ (mm)	United States & Canada	UK & Australia
14.1	44	3	F 1/2
14.3	45		G
14.5		3.5	G 1/2
14.7	46		H
14.9	47	4	H 1/2
15.1			I
15.3	48	4.5	I 1/2
15.5			J
15.7	49	5	J 1/2
15.9	50		K
16.1		5.5	K 1/2
16.3	51		L
16.5	52	6	L 1/2
16.7			M
16.9	53	6.5	M 1/2
17.1			N
17.3	54	7	N 1/2
17.5	55		O
17.7		7.5	O 1/2
17.9	56		P
18.1	57	8	P 1/2
18.2	18		
18.3			Q
18.5	58	8.5	Q 1/2
18.8	59		R
19		9	R 1/2
19.2	60		S
19.4	61	9.5	S 1/2
19.6			T
19.8	62	10	T 1/2
20			U
20.2	63	10.5	U 1/2
20.4	64		V
20.6		11	V 1/2
20.8	65		W
21	66	11.5	W 1/2
21.2			X
21.4	67	12	X 1/2
21.6			Y
21.8	68	12.5	Z
22	69		Z 1/2
22.2	70	13	
22.4			Z+1
22.6		13.5	Z+2

Measure An Existing Ring

Another way you can figure out your ring size is to measure the inner diameter of one of your own rings.

Match the inside of the ring to the reference on the right to find your perfect size. The measurements are the inner diameter of the ring.

Print this guide with your page scale set to 100%. To ensure it has printed correctly to size, use the below guide to ensure the height of a credit card - 54mm fits inside the outline.

