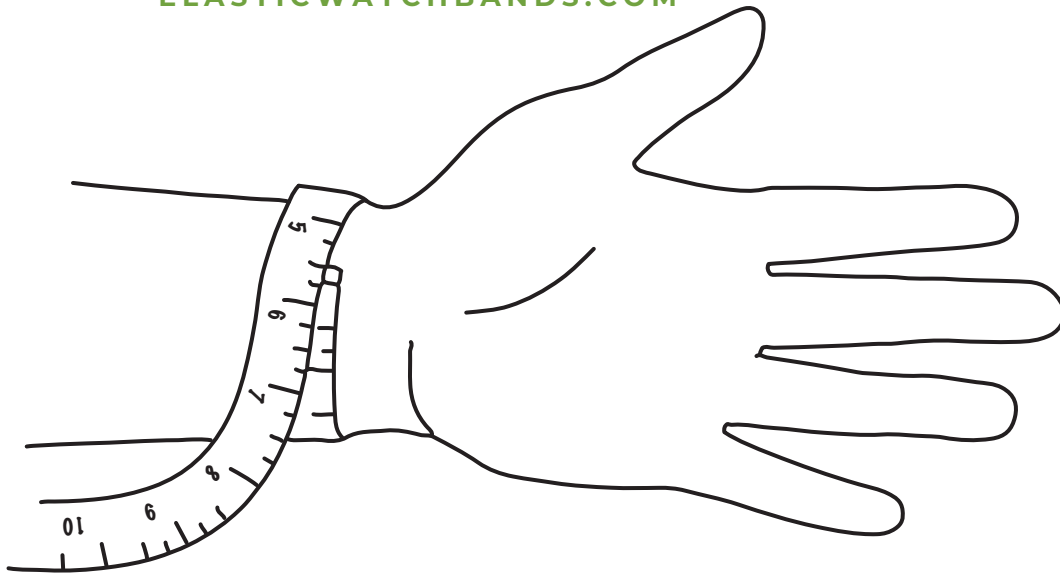




**PALMETTO BANDS**

ELASTICWATCHBANDS.COM



## Printable Measuring Tape

When printing, please ensure the following settings are correct:

- Set Paper Size to 8.5" x 11" Letter Size
- Set Scale to "Default" to ensure appropriate length
- Use your newly printed ruler to do a quick measurement check by using the "Printer Check" section below

### Measuring

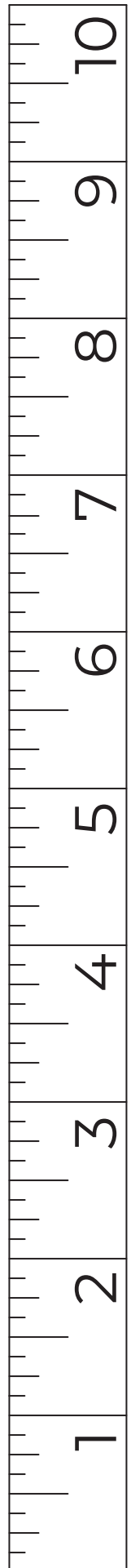
- Cut out ruler along the lines
- Starting at "0", wrap the tape around your wrist bone snugly to your skin. We need your exact wrist measurement. Mark where the ends of the tape measure touch. Do not add or subtract from this measurement.
- Enter your wrist measurement online when ordering our bracelets.

#### PRINTER CHECK

Measure this box to check accuracy



2 INCHES WIDE





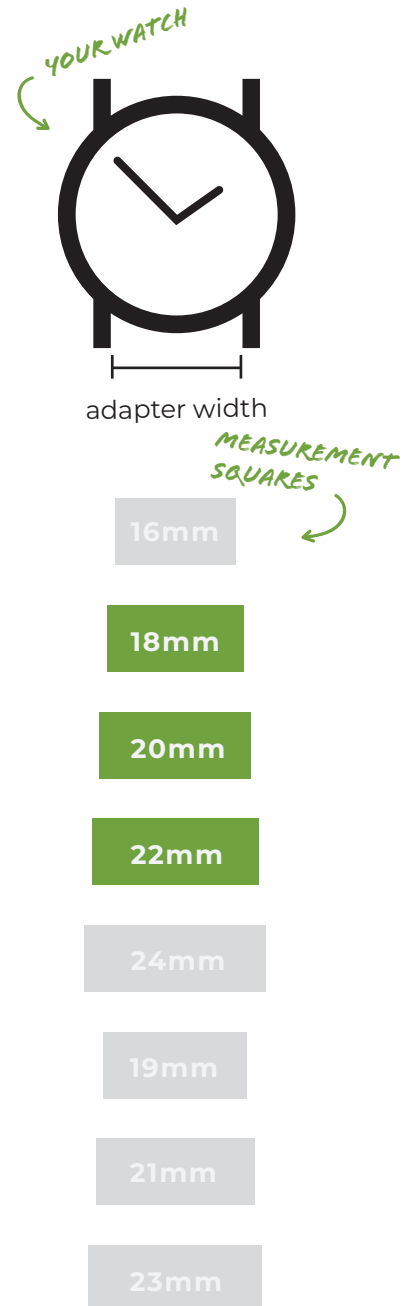
# Adapter Sizing

Print this guide to find the correct size for your watch adapter.

- 1 Once printed, use the measurement squares to determine the adapter width of your watch.
- 2 The most common adapter widths are 18mm, 20mm & 22mm. When lining your watch up to the measurement template, there should be no white space or overlap onto the square.



- 3 Too close to call? Try holding your watch up to the metric ruler below
- 4 Still not sure? Feel free to shoot us an email at [info@elasticwatchbands.com](mailto:info@elasticwatchbands.com) with the make and model of your watch and we'll do our best to help you out!



### PRINTER CHECK

Measure this box to check accuracy



2 INCHES WIDE

