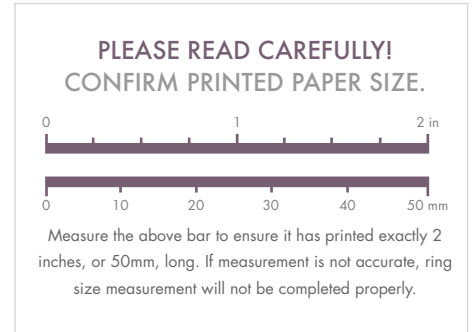


## HOW TO USE THIS GUIDE

- Before proceeding, use a ruler to confirm the printed paper size in the box to the right.
- Pull tightly. The sizer must fit snugly to produce an accurate size.
- Measure your finger at the time of day when it will be at its largest - this is usually at the end of the day.
- Avoid measuring your fingers when they are cold or damp, as they will be at their smallest.
- Bands and rings over 5mm in width may fit your finger more tightly than rings of the same size in narrower widths.



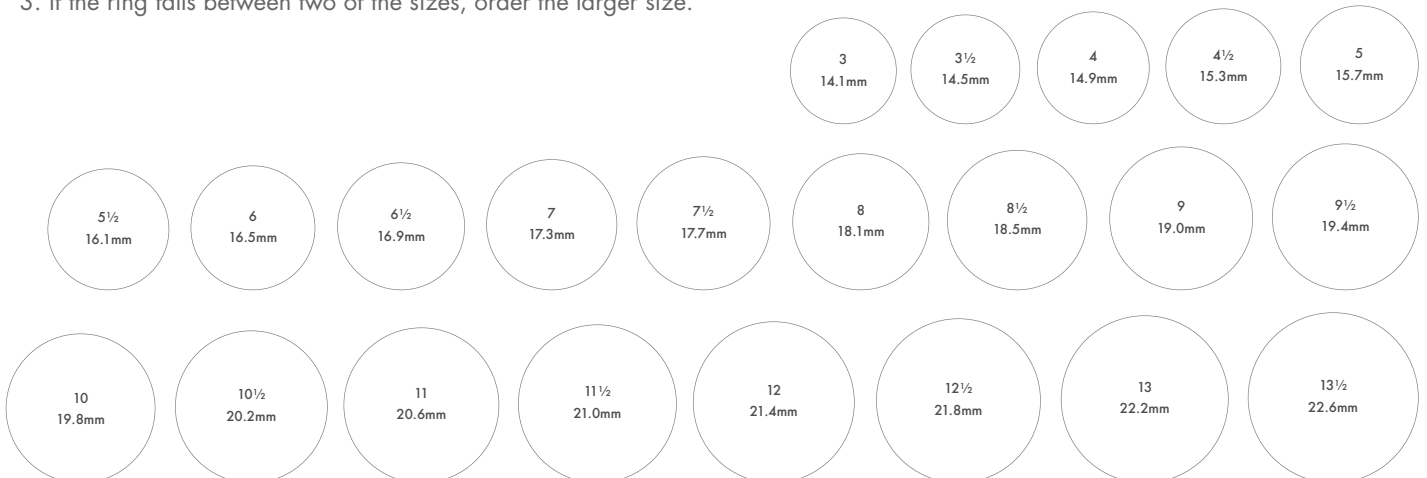
## OPTION #1 - CREATE YOUR OWN RING SIZER

1. Cut out the ring sizer below.
2. Wrap the ring sizer snugly around the widest part of the intended finger so that the numbers are visible to you, and insert the pointed end through the slit you made in the sizer.
3. Make note of the number that lines up with the slit. This is your ring size! Keep in mind that quarter sizes are also available if your sizer indicates that you are between whole and half sizes.



## OPTION #2 - MEASURE A CURRENT RING

1. Select a ring that properly fits the intended finger. In the United States the engagement ring and wedding band are most commonly worn on the Ring Finger of the left hand.
2. Place the ring over the circles below, matching the inside edge of the ring to the circle nearest in size. This measurement refers to the diameter of the ring. 14.1 Size 3 1/2 14.5 mm
3. If the ring falls between two of the sizes, order the larger size.



Circumference (mm)	Diameter (mm)	US & Canada	UK & Australia	Europe	Switzerland	Germany	China	Hong Kong	Singapore & Japan
44.2	14.1	3	F 1/2	44	4	14	6	6	4
44.8	14.3	3.25	G	45	5 1/4	14 1/4			5
45.5	14.5	3.5	G 1/2			14 1/2	6.5	7	
46.1	14.7	3.75	H	46	6 1/2	14 3/4			6
46.8	14.9	4	H 1/2	47		15	7.5	8	7
47.4	15.1	4.25	I		7 3/4				
48.0	15.3	4.5	I 1/2	48		15 1/4	8	9	8
48.7	15.5	4.75	J		9	15 1/2	9.5	10	
49.3	15.7	5	J 1/2	49		15 3/4			9
50.0	15.9	5.25	K	50	10	16	10	11	
50.6	16.1	5.5	K 1/2			16 1/4			10
51.2	16.3	5.75	L	51	11 3/4		11	12	
51.9	16.5	6	L 1/2	52	12 3/4	16 1/2	12	13	11
52.5	16.7	6.25	M			16 3/4			12
53.1	16.9	6.5	M 1/2	53	14	17	13	14	13
53.8	17.1	6.75	N						
54.4	17.3	7	N 1/2	54	15 1/4	17 1/4	14	15	14
55.1	17.5	7.25	O	55		17 1/2	14.5	16	
55.7	17.7	7.5	O 1/2		16 1/2	17 3/4			15
56.3	17.9	7.75	P	56		18	15.5	17	
57.0	18.1	8	P 1/2	57	17 3/4				16
57.6	18.3	8.25	Q			18 1/4	17	18	
58.3	18.5	8.5	Q 1/2	58		18 1/2			17
58.9	18.8	8.75	R	59	19	18 3/4	18	19	
59.5	19.0	9	R 1/2			19	18.5	20	18
60.2	19.2	9.25	S	60	20 1/4	19 1/4			
60.8	19.4	9.5	S 1/2	61		19 1/2	20	21	19
61.4	19.6	9.75	T		21 1/2				
62.1	19.8	10	T 1/2	62		19 3/4	20.5	22	20
62.8	20.0	10.25	U			20			21
63.4	20.2	10.5	U 1/2	63	22 3/4		21.5	23	22
64.0	20.4	10.75	V	64		20 1/2	22.5	24	
64.6	20.6	11	V 1/2			20 3/4			23
65.3	20.8	11.25	W	65	25		23.5	25	
65.9	21.0	11.5	W 1/2	66		21			24
66.6	21.2	11.75	X			21 1/4	25	26	
67.2	21.4	12	X 1/2	67	27 1/2	21 1/2	25.5	27	25
67.8	21.6	12.25	Y						
68.5	21.8	12.5	Z	68	28 3/4	21 3/4			26
69.1	22.0	12.75	Z 1/2	69					
69.7	22.2	13		70		22			27
70.4	22.4	13.25	Z + 1						
71.0	22.6	13.5	Z + 2						