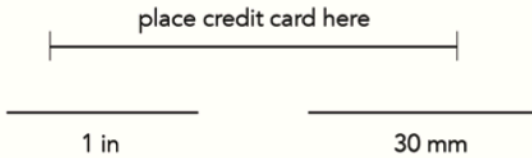


## How to determine your ring size

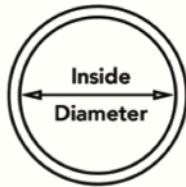
The most accurate way to find your ring size is go to a local jewelry store. If you are unable to visit a store, use this guide to determine your ring size. Alternatively, you can order a plastic ring sizer to use at home here. If you need any help using this guide, please contact me at [sales@hebeldesign.com](mailto:sales@hebeldesign.com)

### Before you begin - please confirm paper size



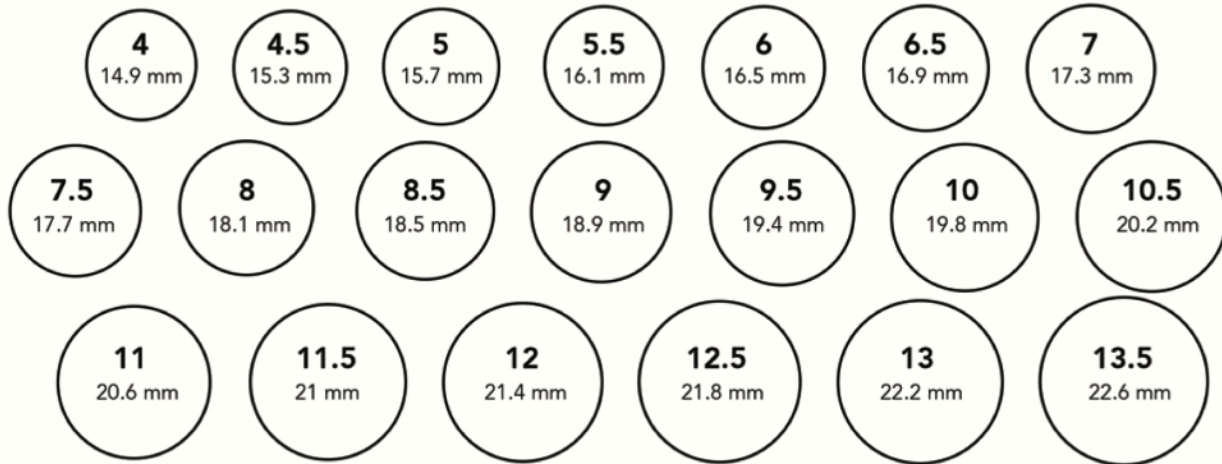
To use this guide correctly, be sure to print this out at the correct scale. Set scale to "NONE" or 100% when printing. Once the line on the left measures 1 inch, 30mm, or the height of a credit card, this is printed correctly and is ready to use.

### Method 1: Using an existing ring



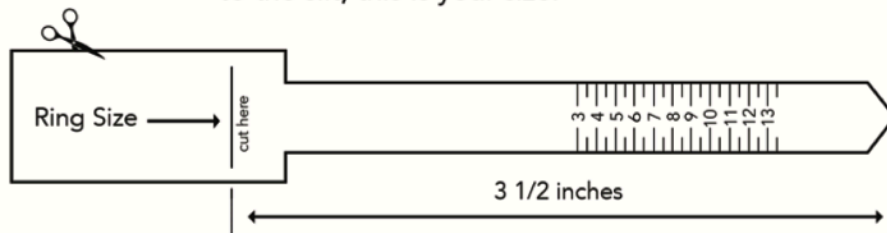
1. Pick a ring that fits the correct finger well.
2. Place the ring over the circles below and match the *inside edge* of the ring to the circle closest in size.
3. If the ring is between two sizes, order the larger size.

#### US and Canadian Ring Sizes



### Method 2: Using paper wrap

Cut out the ring sizer and cut a slit on the vertical line. Wrap the ruler around the base of the intended finger. Pull the pointed end through the slit until the paper fits comfortably around your finger. Read the number that lines up next to the slit, this is your size.



Alternatively, you can wrap a piece of string (or a strip of paper) around your finger and mark where the two pieces of string meet. Measure the length between the two marks in mm, this is the inside circumference. Match this number to the nearest circumference on the chart (see pg 2) to estimate your ring size. (If between sizes, pick the larger one).

**This guide is not a guarantee that the sizing will be accurate if not printed correctly, For best results, use our reusable plastic ring sizer, or have your measurement taken at a local jewelry store.**

## International Ring Size Chart

Inside Circumference (mm)	Inside Diameter (mm)	UK, Europe & Australia	United States & Canada	China, Japan & South America	India	Italy, Spain & Switzerland
39.1	12.45	B	1	1		
39.7	12.65	B <sup>1/2</sup>				
40.4	12.85	C	1 <sup>1/2</sup>			0.5
41.0	13.06	C <sup>1/2</sup>			1	1
41.7	13.26	D	2	2	2	1.75
42.3	13.46	D <sup>1/2</sup>				2.25
42.9	13.67	E	2 <sup>1/2</sup>	3	3	3
43.6	13.87	E <sup>1/2</sup>			4	3.5
44.2	14.07	F	3	4		4.25
44.8	14.27	F <sup>1/2</sup>		5	5	4.75
45.5	14.48	G	3 <sup>1/2</sup>			5.5
46.1	14.68	G <sup>1/2</sup>		6	6	6
46.8	14.88	H	4	7		6.75
47.4	15.09	H <sup>1/2</sup>			7	7.5
48.0	15.29	I	4 <sup>1/2</sup>	8	8	8
48.7	15.49	J			9	8.75
49.3	15.70	J <sup>1/2</sup>	5	9		9.25
50.0	15.90	K			10	10
50.6	16.10	K <sup>1/2</sup>	5 <sup>1/2</sup>	10		10.5
51.2	16.31	L			11	11.25
51.9	16.51	L <sup>1/2</sup>	6	11	12	11.75
52.5	16.71	M		12		12.5
53.1	16.92	M <sup>1/2</sup>	6 <sup>1/2</sup>	13	13	13.25
53.8	17.12	N				13.75
54.4	17.32	N <sup>1/2</sup>	7	14	14	14.5
55.1	17.53	O			15	15
55.7	17.73	O <sup>1/2</sup>	7 <sup>1/2</sup>	15		15.75
56.3	17.93	P			16	16.25
57.0	18.14	P <sup>1/2</sup>	8	16	17	17
57.6	18.34	Q				17.5
58.3	18.54	Q <sup>1/2</sup>	8 <sup>1/2</sup>	17	18	18.25
58.9	18.75	R			19	19
59.5	18.95	R <sup>1/2</sup>	9	18		19.5
60.2	19.15	S			20	20.25
60.8	19.35	S <sup>1/2</sup>	9 <sup>1/2</sup>	19	21	20.75
61.4	19.56	T				21.5
62.1	19.76	T <sup>1/2</sup>	10	20	22	22
62.7	19.96	U		21	23	22.75
63.4	20.17	U <sup>1/2</sup>	10 <sup>1/2</sup>	22		23.25
64.0	20.37	V			24	24
64.6	20.57	V <sup>1/2</sup>	11	23	25	24.75
65.3	20.78	W				25.25
65.9	20.98	W <sup>1/2</sup>	11 <sup>1/2</sup>	24	26	26
66.6	21.18	X				26.5
67.2	21.39	X <sup>1/2</sup>	12	25	27	27.25
67.8	21.59	Y			28	27.75
68.5	21.79	Z	12 <sup>1/2</sup>	26		28.5
69.1	22.00	Z <sup>1/2</sup>			29	29
69.7	22.20		13	27	30	29.75
70.4	22.40	Z1				30.5
71.0	22.61		13 <sup>1/2</sup>		31	31