Ring Sizing Chart



Guam's Forever Jeweler

PRINTING INSTRUCTIONS

- 1. Print this page and please check the print settings to verify that your printer is set to print this document at 100%.
- 2. Double-check that the page printed correctly by measuring a few shapes with a ruler to ensure they are accurate.

FIND YOUR RING SIZE

- 1. Measure your finger in warm temperatures at the end of the day or after a meal.
- 2. If your knuckle is a lot larger than the base of your finger, use **METHOD B** below, except measure both the base of your finger and your knuckle and select a size between the two.
- 3. If you have an existing ring that fits comfortably and is used on the same hand/finger as the new ring you are buying, you can use that ring for **METHOD A** below.

TIPS IF YOU'RE BUYING THE RING AS A GIFT FOR SOMEONE

- 1. Ask your intended recipient if he/she knows his/her ring finger size. Or if this is meant as a surprise gift, try asking that person's mother or friend if they know his/her ring size.
- 2. Borrow one of your intended recipient's rings and use **METHOD A** below. (Make sure to borrow a ring that fits the finger you intend your gift ring to fit.)

OTHER USEFUL TIPS

- When considering a ring that has a wide band, move up a size from your measurement, for comfort's sake.
- All sizes listed here are standard American sizes. But note that different countries have different ring-size systems.

METHOD A

Measure a ring that fits you or your intended recipient. Place a ring that fits you over the circle making sure the inside of the ring lines up with the outside of the circle. If you are between sizes, order the larger size.



METHOD B

- 1. Find a piece of non-stretchy string about 6" long, or a strip of paper about 6" long and 1/4" wide.
- 2. Wrap it snugly around the base of your finger.
- 3. Using a pen, mark the point on the string or paper where it overlaps, forming a complete circle.
- 4. Compare the length of the string or paper to the lines on the paper below to determine your ring size. If your are between sizes, order the larger size.

