

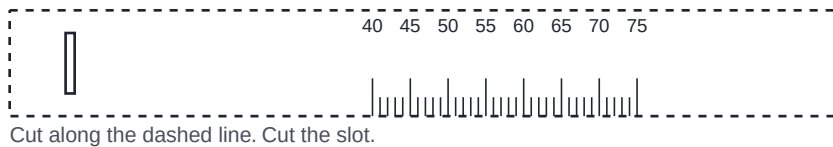
# Printable ring size chart and sizer

**Print at 100% / Actual size. Do not use "Fit to page." Check the ruler below before measuring.**



This line should measure exactly 100 mm. If it does not, your printer scaled the page. Change print settings and print again.

## Sizer strip

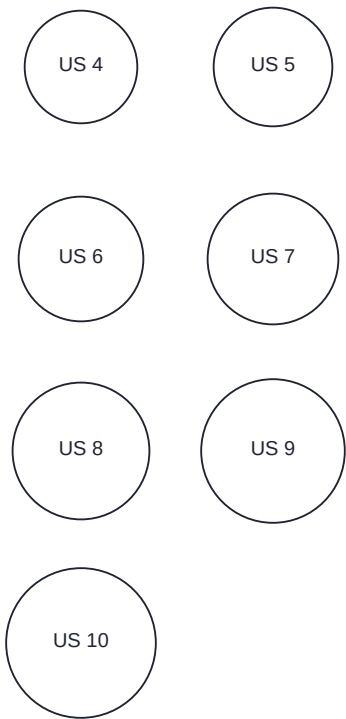


1. Cut out the strip and cut the slot.
2. Wrap it around the base of the finger, numbers outward, and thread the end through the slot.
3. Pull snug but comfortable. It must pass over the knuckle.
4. Read the number at the slot. That is the circumference in mm. Find it on the chart on page 2.

# US ring size chart

| US size | Inside diameter (mm) | Inside circumference (mm) |
|---------|----------------------|---------------------------|
| 3       | 14.1                 | 44.3                      |
| 3.5     | 14.5                 | 45.6                      |
| 4       | 14.9                 | 46.8                      |
| 4.5     | 15.3                 | 48.1                      |
| 5       | 15.7                 | 49.3                      |
| 5.5     | 16.1                 | 50.6                      |
| 6       | 16.5                 | 51.8                      |
| 6.5     | 16.9                 | 53.1                      |
| 7       | 17.3                 | 54.3                      |
| 7.5     | 17.7                 | 55.6                      |
| 8       | 18.1                 | 56.9                      |
| 8.5     | 18.5                 | 58.1                      |
| 9       | 19.0                 | 59.7                      |
| 9.5     | 19.4                 | 60.9                      |
| 10      | 19.8                 | 62.2                      |
| 10.5    | 20.2                 | 63.5                      |
| 11      | 20.6                 | 64.7                      |
| 11.5    | 21.0                 | 66.0                      |
| 12      | 21.4                 | 67.2                      |
| 12.5    | 21.8                 | 68.5                      |
| 13      | 22.2                 | 69.7                      |

## Ring circles



Place a ring that fits on the circles. The matching circle lines up with the inside edge.

### Tips

- Measure at the end of the day at room temperature.
- Wide bands fit snug; consider a bit larger.
- Between sizes? Go up.

**Printable sizrs are an estimate. A fitting with a jeweler is the most accurate way to find your size.**

Chart data: GIA, Ring Size Guide: Tips and Ring Size Chart (4cs.gia.edu), checked Oct 11, 2026.