

Match a ring you own

Print at 100%, check the bar with a ruler.

Choose Actual size on US Letter or A4. Turn off Fit / Shrink to page.

 50 mm - measure from end to end

If this is not exactly 50 mm, change the print settings and print again.

Use a round ring that fits the same finger. Place it flat over each circle.

Match the **INSIDE** edge of the ring to the **OUTSIDE** edge of the filled circle.

Between sizes? Try the larger one. All labels below are US sizes.



US 4



US 4.5



US 5



US 5.5



US 6



US 6.5



US 7



US 7.5



US 8



US 8.5



US 9



US 9.5



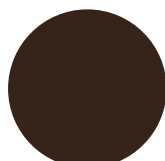
US 10



US 10.5



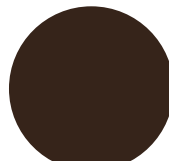
US 11



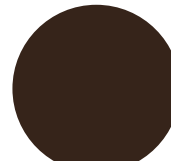
US 11.5



US 12



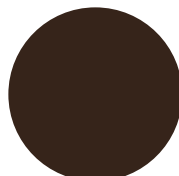
US 12.5



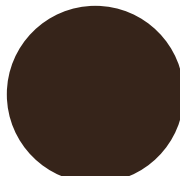
US 13



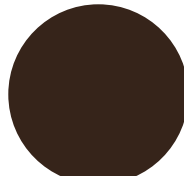
US 13.5



US 14



US 14.5



US 15

A starting point: confirm your fit with a jeweler, especially for a wide band.

Most IWMN rings have a comfort-fit interior. Check its page for comfort fit and half-size-up advice.

Measure with a paper strip

Print at 100%, check the bar with a ruler.

Choose Actual size on US Letter or A4. Turn off Fit / Shrink to page.

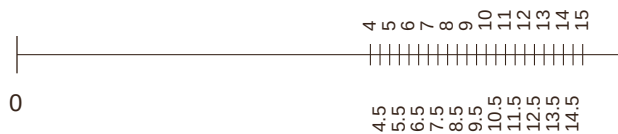
 50 mm - measure from end to end

If this is not exactly 50 mm, change the print settings and print again.

1. Cut out the 8 mm strip below. The left cut edge is your starting edge.
2. Wrap it around your finger without pulling tight. Mark where that edge overlaps.

START	Cut around this strip. Mark the overlap with a fine pen.
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3. Lay the strip flat. Align its starting edge with 0 on the scale below.
4. Read the US size at your mark. If between marks, try the larger size.



US sizes 4-15, half sizes included

Paper gives an estimate

Repeat the measurement when your hands are warm, near the end of the day.
Check that the loop can pass over your knuckle. Paper can bend or stretch;
a jeweler with a ring gauge can check the fit more accurately.

Comfort fit and wide bands

Most of our rings have a slightly domed interior with rounded edges.
Bands at least 8 mm wide may need half a US size more than a narrow band.
We also flag wide contact under a nugget head. Follow the note on your ring page.

Sizing method

Inside diameter (mm) = $11.63 + 0.8128 \times \text{US size}$; circumference = diameter x pi.
ISO 8653:2016 defines size by inside circumference. National conversions vary.
Sources and the US / UK / EU / JP converter: iwantmynugget.com/ring-size-chart/#converter