

Ring Size Chart

A reference guide to US ring sizes and their measurements.

HOW TO FIND YOUR SIZE

Measure an Existing Ring

1. Find a ring that fits the intended finger comfortably.
2. Measure the inside diameter in millimeters.
3. Match to the Diameter column in the chart.

Measure Your Finger

1. Wrap a strip of paper around your finger.
2. Mark where the paper overlaps.
3. Measure that length in millimeters.
4. Match to the Circumference column.

Size Chart

US SIZE	DIAMETER	CIRCUM.
	(inside, mm)	(circumference, mm)
3	14.1	44.2
3.5	14.5	45.5
4	14.9	46.8
4.5	15.3	48.0
5	15.7	49.3
5.5	16.1	50.6
6	16.5	51.9
6.5	16.9	53.1
7	17.3	54.4
7.5	17.7	55.7

US SIZE	DIAMETER	CIRCUM.
	(inside, mm)	(circumference, mm)
8	18.2	57.0
8.5	18.6	58.3
9	19.0	59.5
9.5	19.4	60.8
10	19.8	62.1
10.5	20.2	63.4
11	20.7	64.6
11.5	21.1	65.9
12	21.5	67.2

SIZING TIPS

- Measure at the end of the day, when fingers are at their largest.
- If you are between sizes, size up for wider bands and down for thinner bands.
- Fingers swell in heat and shrink in cold — measure at room temperature for accuracy.