

# Ring size helper

1



*Cut a thin strip of paper*

2



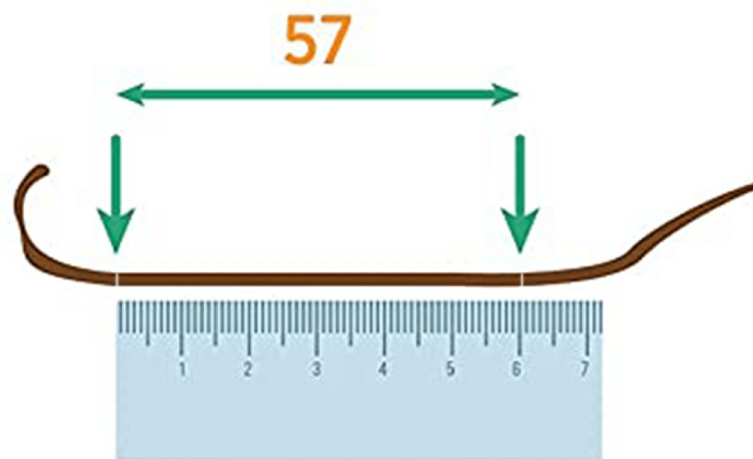
*Wrap the paper around your finger*

3



*Mark where the two ends meet*

4



*Measure the length of the paper from tip to pencil mark*

<i>Inside Diameter</i>	<i>Length of Paper (Measured)</i>	<b>SIZE</b>				
<b>MM</b>	<b>MM</b>	<b>US / Canada</b>	<b>UK / Australia / South Africa</b>	<b>France / Germany</b>	<b>Europe / Italy / Spain</b>	<b>India</b>
14.1	44.2	3	F	44	4.25	4
14.5	45.5	3.5	G	45.5	5.5	5
14.9	46.8	4	H	47	6.75	7
15.3	48	4.5	I	48	8	8
15.7	49.3	5	J-1/2	50	9.25	9
16.1	50.6	5.5	K-1/2	51	10.5	10
16.5	51.9	6	L-1/2	52	11.75	12
16.9	53.1	6.5	M-1/2	53	13.25	13
17.3	54.4	7	N-1/2	54	14.5	14
17.7	55.7	7.5	O-1/2	56	15.75	15
18.1	57	8	P-1/2	57	17	16
18.5	58.3	8.5	Q-1/2	58	18.25	17
19	59.5	9	R-1/2	60	19.5	18
19.4	60.8	9.5	S-1/2	61	20.75	19
19.8	62.1	10	T-1/2	62	22	20
20.2	63.4	10.5	U-1/2	63	23.25	22
20.6	64.6	11	V-1/2	64	24.75	23
21	65.9	11.5	W-1/2	66	26	24
21.4	67.2	12	X-1/2	67	27.25	25
21.8	68.5	12.5	Z	68	28.5	26
22.2	69.7	13	Z +1	70	29.75	27
22.6	71	13.5	Z +1.5	71	31	28
23	72.3	14	Z +2	72	32.25	29
23.4	73.5	14.5	Z +2.5	73.5	33.5	30
23.8	74.8	15	Z +3	75	34.75	31