



How to use this ring finger sizing tool:

1. Cut out the black figure shown above. (We have included several copies so that if you make a mistake, you won't have to print out another page.)
2. Using a small blade, cut the slit on the fat end marked by the vertical white line.
3. Wrap the strip around the base of your ring finger, and insert the narrow end of the strip into the slit. Do not wrap too tightly or loosely.
4. Mark the point on the narrow end where it comes through the slit.
5. Measure the length between the slit and the mark you made on the narrow end of the strip in millimeters. This is the circumference of your ring finger.
6. Use the ring size calculators at <https://www.had2know.com/lifestyle/us-ring-size-chart-calculator.html> <https://www.had2know.com/lifestyle/uk-ring-size-chart-calculator.html> to find your equivalent ring size in the US or UK system.