

Ring sizing guide



To easily check the size of your finger, follow these simple steps.....

- 1) Cut a thin strip of paper (1cm wide), or a piece of string, about 10cm long. String can stretch so paper is preferable
- 2) Wrap this around the finger you are looking to get a ring for - remember to allow enough room so it can fit over the knuckle on your finger so don't make it too tight
- 3) Mark the point on the paper/string where it overlaps
- 4) Measure the distance between the marks – this is the circumference and then check against the ring sizes on the table

| Circumference (mm) | Internal diameter (mm) | Ring size (UK) |
|--------------------|------------------------|----------------|
| 46.0 | 14.58 | H |
| 47.6 | 15.29 | I |
| 49.2 | 15.49 | J |
| 50.8 | 15.9 | K |
| 52.4 | 16.31 | L |
| 53.2 | 16.71 | M |
| 54.0 | 17.12 | N |
| 55.6 | 17.53 | O |
| 57.2 | 17.93 | P |
| 57.8 | 18.34 | Q |
| 58.7 | 18.75 | R |
| 60.3 | 19.15 | S |
| 61.9 | 19.56 | T |
| 63.5 | 19.96 | U |
| 64.0 | 20.37 | V |
| 65.1 | 20.76 | W |
| 65.9 | 21.18 | X |
| 66.7 | 21.49 | Y |

If in any doubt, a quick visit to a local jeweller will allow you to be 100% certain of the right size

Measure an existing ring



Another way of working out your own ring size is to measure the diameter of a ring you already own:

- 1) Measure the ring diameter in mm using a ruler/tape measure
- 2) Using the measurement, check the letter sizing with the UK size chart
- 3) If in doubt, err on the side of being a bit generous on the measurement

