

Find your ring size at home

Two easy ways to find your size with a printer, a pair of scissors and, ideally, a ring that already fits. Australian ring sizes run in letters from F through to Z, each just 1.25mm apart around the finger, so a little care goes a long way.

Before you start

1. Print at **100%** or **Actual size**, never “Fit to page” or “Shrink to fit”.
2. Lay any bank card over the box. If it doesn't cover it exactly, check your print settings and print again, as the sizes won't be accurate.

Place any bank card here

It should cover this box exactly

1 Use a ring that already fits

The most accurate way. Lay the ring over the circles on page 2 and find the one whose line sits right on its inside edge. Use a ring worn on the same finger, ideally on the same hand.

2 Measure your finger

No ring that fits? Cut out a strip on page 3, wrap it around the base of your finger and read your size at the slit.

Getting it right

Measure at the end of the day. Fingers are smallest in the morning and in the cold, and swell slightly in the warmth.

Check the knuckle. The ring has to slide over it, so if your knuckle is noticeably larger, size to the knuckle.

Wider bands fit tighter. For a band 5mm or wider, go up half a size.

Between two sizes? Choose the larger one.

Measure the correct hand. Your dominant hand is usually a little larger, so measure the hand the ring will be worn on.

Making your wedding bands with us?

We only need your sizes to order your gold. Once you've found them, just pop them in the quote form on our Wedding Band Workshops page at ringflowstudios.com.

Still unsure?

You're very welcome to pop into our Prahran studio for a quick ring sizing appointment. Just get in touch at hello@ringflowstudios.com and we'll find a time that suits.

METHOD 1

Circle sizer

- 1. Lay a ring that fits flat over the circles.
- 2. Find the circle whose line sits right on the **inside edge** of the ring.
- 3. Between two circles? Choose the larger size.



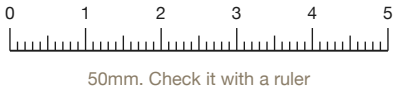
Your size. The black line sits right on the inside edge of the ring.

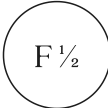
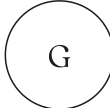
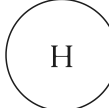
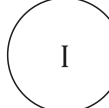
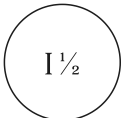
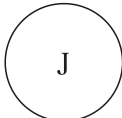
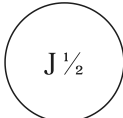
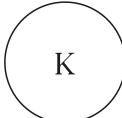
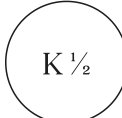
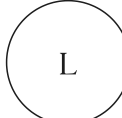
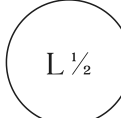
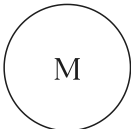
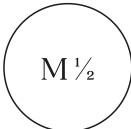
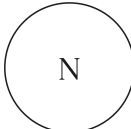
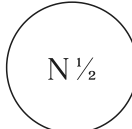
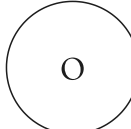
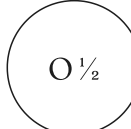
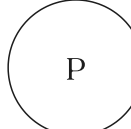
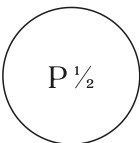
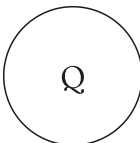
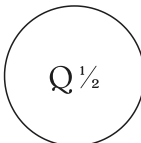
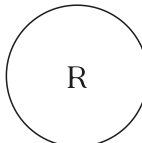
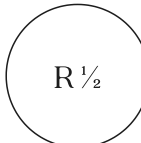
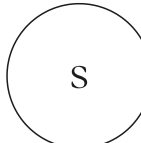
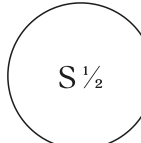
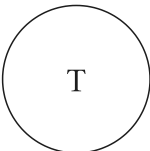
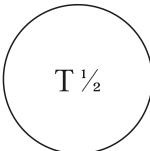
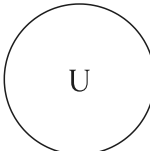
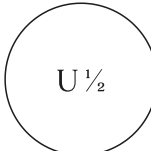
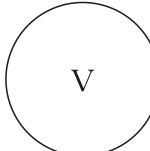
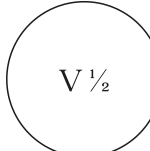
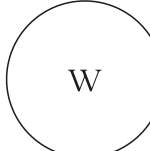
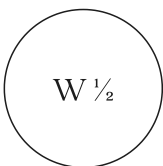
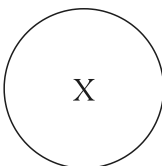
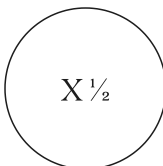
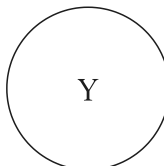
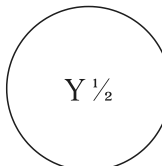
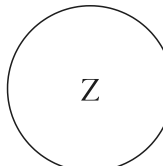
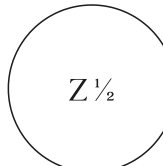


Go larger. There is space between the black line and the ring.



Go smaller. The ring hides the black line, or the line is on the outside of the ring.



 F 13.93mm · US 2 3/4	 F ½ 14.13mm · US 3	 G 14.32mm · US 3 1/4	 G ½ 14.52mm · US 3 1/2	 H 14.72mm · US 3 3/4	 H ½ 14.92mm · US 4	 I 15.12mm · US 4 1/4
 I ½ 15.32mm · US 4 1/2	 J 15.52mm · US 4 3/4	 J ½ 15.72mm · US 5	 K 15.92mm · US 5 1/4	 K ½ 16.11mm · US 5 1/2	 L 16.31mm · US 5 3/4	 L ½ 16.51mm · US 6
 M 16.71mm · US 6 1/4	 M ½ 16.91mm · US 6 1/2	 N 17.11mm · US 6 3/4	 N ½ 17.31mm · US 7	 O 17.51mm · US 7 1/4	 O ½ 17.71mm · US 7 1/2	 P 17.90mm · US 7 3/4
 P ½ 18.10mm · US 8	 Q 18.30mm · US 8 1/4	 Q ½ 18.50mm · US 8 1/2	 R 18.70mm · US 8 3/4	 R ½ 18.90mm · US 9	 S 19.10mm · US 9 1/4	 S ½ 19.30mm · US 9 1/2
 T 19.50mm · US 9 3/4	 T ½ 19.70mm · US 10	 U 19.89mm · US 10 1/4	 U ½ 20.09mm · US 10 1/2	 V 20.29mm · US 10 3/4	 V ½ 20.49mm · US 11	 W 20.69mm · US 11 1/4
 W ½ 20.89mm · US 11 1/2	 X 21.09mm · US 11 3/4	 X ½ 21.29mm · US 12	 Y 21.49mm · US 12 1/4	 Y ½ 21.68mm · US 12 1/4	 Z 21.88mm · US 12 1/2	 Z ½ 22.08mm · US 12 3/4

METHOD 2

Finger strip

- 1. Cut out a strip along the dashed line, then cut the short slit with a craft knife or the tip of your scissors.
- 2. Wrap it around the base of your finger, letters facing out, and feed the point through the slit. It's much easier with someone to help, if you can.
- 3. Pull it firm, so it sits flush against the skin all the way around with no slack or gaps. If you can twist it easily around your finger, it's too loose, so pull it tighter.
- 4. Read the letter at the slit, then measure two or three more times and use the smallest reading. A strip that isn't pulled tight enough can only ever read large.



Size conversion

AU / UK	US	EU	INSIDE ø MM	AU / UK	US	EU	INSIDE ø MM	AU / UK	US	EU	INSIDE ø MM
F	2 3/4	44	13.93	M	6 1/4	53	16.71	T	9 3/4	61	19.50
F 1/2	3	44	14.13	M 1/2	6 1/2	53	16.91	T 1/2	10	62	19.70
G	3 1/4	45	14.32	N	6 3/4	54	17.11	U	10 1/4	63	19.89
G 1/2	3 1/2	46	14.52	N 1/2	7	54	17.31	U 1/2	10 1/2	63	20.09
H	3 3/4	46	14.72	O	7 1/4	55	17.51	V	10 3/4	64	20.29
H 1/2	4	47	14.92	O 1/2	7 1/2	56	17.71	V 1/2	11	64	20.49
I	4 1/4	48	15.12	P	7 3/4	56	17.90	W	11 1/4	65	20.69
I 1/2	4 1/2	48	15.32	P 1/2	8	57	18.10	W 1/2	11 1/2	66	20.89
J	4 3/4	49	15.52	Q	8 1/4	58	18.30	X	11 3/4	66	21.09
J 1/2	5	49	15.72	Q 1/2	8 1/2	58	18.50	X 1/2	12	67	21.29
K	5 1/4	50	15.92	R	8 3/4	59	18.70	Y	12 1/4	68	21.49
K 1/2	5 1/2	51	16.11	R 1/2	9	59	18.90	Y 1/2	12 1/4	68	21.68
L	5 3/4	51	16.31	S	9 1/4	60	19.10	Z	12 1/2	69	21.88
L 1/2	6	52	16.51	S 1/2	9 1/2	61	19.30	Z 1/2	12 3/4	69	22.08

Australian and UK sizes follow BS 6820. EU sizes are the inside circumference in millimetres (ISO 8653). US sizes are rounded to the nearest quarter.

Ring width guide

Not sure how wide you'd like your wedding bands? Cut out a few of these gold bands, wrap them around your finger and see which width feels right. Each one is printed at its real size.

1

Print at 100%

Choose "Actual size" or 100% in your print settings, not "Fit to page".

2

Cut along the dotted line

Cut out the widths you'd like to try. A ruler and craft knife give the neatest edge.

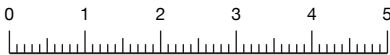
3

Wrap and compare

Wrap a band around the base of your finger, gold side out, and see how it looks on your hand.

Check the scale before you cut

This line should measure exactly 50mm with a ruler. If it doesn't, your printer has resized the page, so reprint it at 100%.



Slim

2.0mm



2.5mm



3.0mm



Medium

3.5mm



4.0mm



4.5mm



Wide

5.0mm



5.5mm



6.0mm



Choose your profile

The profile is the shape of the band. Each one is shown here in slim, medium and wide.



Flat



Half round



Comfort fit



Oval



Round

Make them yours

Stamp letters, numbers or symbols on the inside, add a hammered or textured finish, and choose a high shine or soft matte. We'll show you how on the day.