TRUE RING SIZER

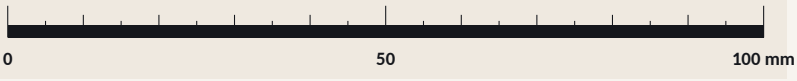
Printable ring sizer

US Letter · print at 100% / Actual size

Turn off "Fit to page" and "Shrink to fit" in your print dialog. Then check the bar in step 1 before you measure anything.

1 Check your print

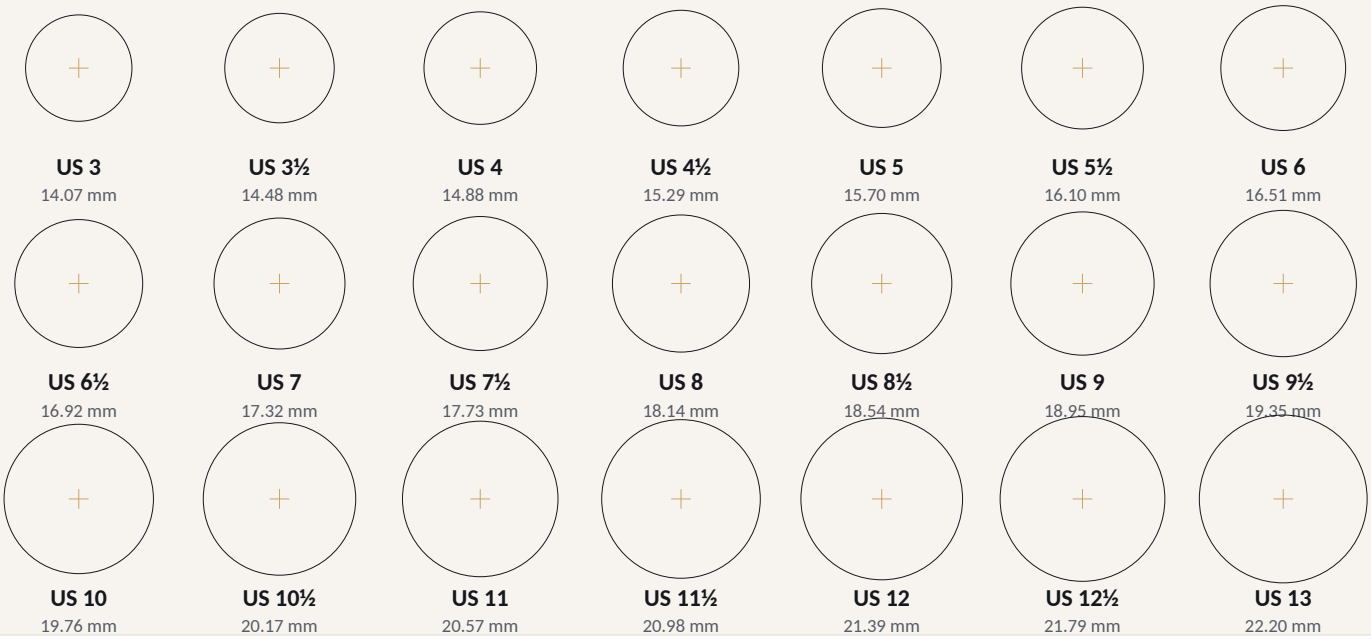
Lay a ruler along the bar. It must read exactly 100 mm. If it is more than 1 mm off, reprint at Actual size.



No ruler? A standard bank card should fit the outline in step 3 exactly.

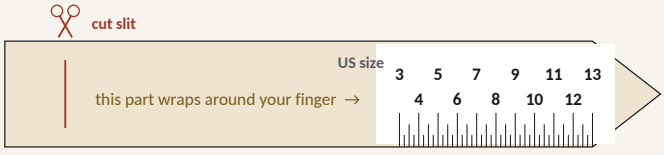
2 Match a ring that fits

Place your ring over the circles. Your size is the circle whose line sits just inside the ring's inner edge.



3 Or use the strip sizer

Cut out the strip and cut the red slit. Wrap it round the base of your finger, feed the pointed end through the slit, pull snug (not tight), and read the size at the slit.



US sizes 3 to 13. Long marks are whole sizes, medium half sizes, short quarter sizes. Between two marks, or a wide band or a large knuckle? Choose the larger size.

Second check

A standard bank card should fit this outline exactly

85.60 × 53.98 mm

ISO/IEC 7810 ID-1 card size

1 **Print at 100%** 2 **Check the bar** 3 **Measure a ring or your finger** 4 **Look it up at trueringsizer.com**

How it is calculated: US inside diameter (mm) = 25.4 × (0.458 + 0.032 × size); circumference = π × diameter. A US 7 is 17.32 mm across and 54.42 mm around.

© True Ring Sizer · an independent ring sizing reference · v1.1 · November 2026