



How to measure your ring size

1. Print out this document making sure that your printer is set to 100%. Do not select the option 'Fit to Page' or 'Shrink to Fit'.
2. Measure the outer box of the ring belt sizer and ensure the measurements are correct. 170mm by 50mm
3. Cut out the sizer and make a slit where indicated.
4. Push the end of the sizer through the slit and place it on your finger.
5. Adjust the sizer until it fits comfortably around your finger and can be removed over your knuckle without difficulty.
6. Please do not pull the sizer too tightly as this will give you a false reading and confirm that the sizer can slide on and off your finger before noting your size.
7. The letter indicated by the arrow is your size. Please refer to the measurement table on The Life Ring website if you wish to confirm your size in millimeters or USA sizing.