# RING & BELT SIZING

#### RING SIZING GUIDE

## Without a Ring:

Print this page at 100% scale and cut out the ring sizer (left). Wrap ring sizer around your finger starting with the wider end. Your ring size will be indicated by the number which lines up with the bold measuring line.

#### Using a Ring:

Measure the diameter of the middle of the ring and compare it to the chart.

Ring Size	Diameter
6	16.5mm
7	17.5mm
8	18mm
10	20mm
11	20.5mm
13	22.5mm

## BELT SIZING GUIDE

Use a measuring tape or piece of string to measure the intended area for belt placement. Then add two inches. For belts worn at the waist, measure at your belly button. For belts worn at the hip, measure just above the fullest part of your hips.