

International Ring Size Chart

UK, USA/Canada and Europe sizes, cross-checked against inside diameter and circumference.

USA, Canada	Europe	UK, Australia, NZ, Ireland	Inside Diameter (mm)	Circumference (mm)
2.25	42.50	E	13.50	42.4
2.50	43	E 1/2	13.70	43.0
2.75	43.50	F	14.0	43.6
3	44	F 1/2	14.1	44.2
3.25	45	G	14.3	44.8
3.50	45.5	G 1/2	14.5	45.5
3.75	46	H	14.7	46.1
4	47	H 1/2	14.9	46.8
4.25	47.5	I	15.1	47.4
4.50	48	I 1/2	15.3	48.0
4.75	48.5	J	15.5	48.7
5	49	J 1/2	15.7	49.3
5.25	50	K	15.9	50.0
5.50	50.5	K 1/2	16.1	50.6
5.75	51	L	16.3	51.2
6	52	L 1/2	16.5	51.9
6.25	52.5	M	16.7	52.5
6.50	53	M 1/2	16.9	53.1
6.75	53.5	N	17.1	53.8
7	54	N 1/2	17.3	54.4
7.25	55	O	17.5	55.1
7.50	55.5	O 1/2	17.7	55.7
7.75	56	P	17.9	56.3
8	57	P 1/2	18.1	57.0
8.25	57.5	Q	18.3	57.6
8.50	58	Q 1/2	18.5	58.3
8.75	59	R	18.8	58.9
9	59.5	R 1/2	19.0	59.5
9.25	60	S	19.2	60.2
9.50	61	S 1/2	19.4	60.8
9.75	61.5	T	19.6	61.4
10	62	T 1/2	19.8	62.1
10.25	62.5	U	20.0	62.7
10.50	63	U 1/2	20.2	63.4
10.75	64	V	20.4	64.0
11	64.5	V 1/2	20.6	64.6
11.25	65	W	20.8	65.3
11.50	66	W 1/2	21.0	65.9
11.75	66.5	X	21.2	66.6
12	67	X 1/2	21.4	67.2
12.25	67.5	Y	21.6	67.8
12.50	68	Z	21.8	68.5
12.75	69	Z 1/2	22.0	69.1
13	70	Z + 1	22.2	69.7
13.25	70.5	Z + 1 1/2	22.4	70.4
13.50	71	Z + 2	22.6	71.0

How to use this chart

Wrap a strip of paper around the base of your finger and measure the overlap length for circumference, or measure straight across an existing ring for inside diameter. If you fall between two sizes, choose the larger one.