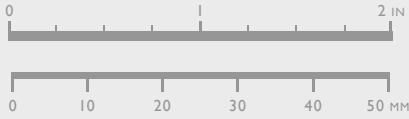


## RING SIZE GUIDE

### CONFIRM PRINTED PAPER SIZE



### PLEASE READ CAREFULLY

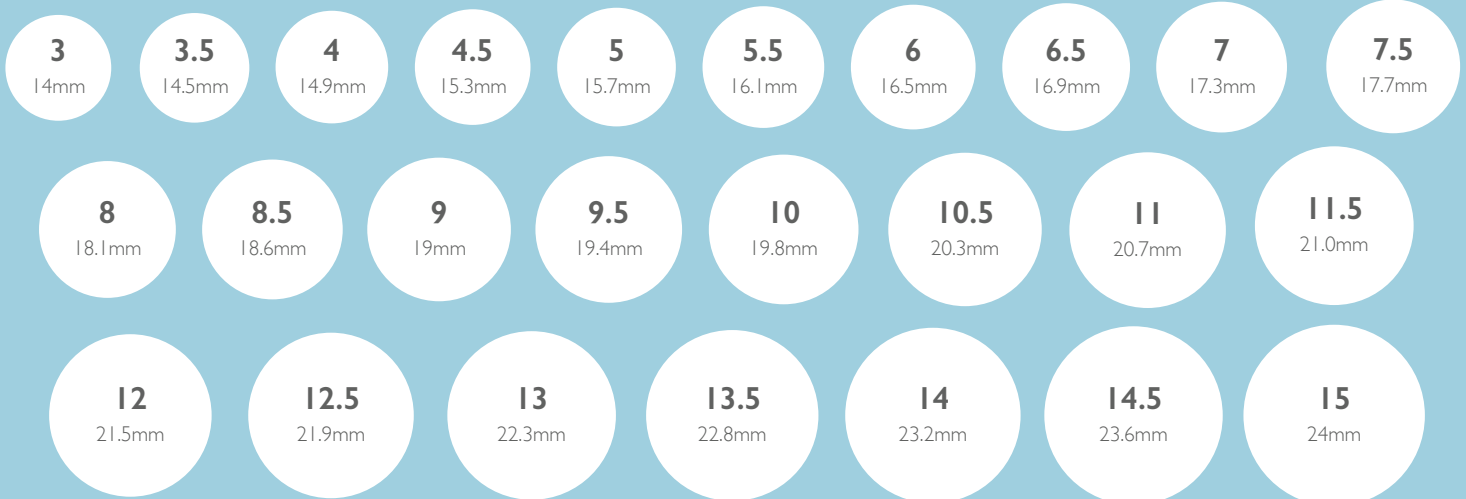
To print this guide to scale, be sure this guide is printed in US Letter size and **scaled to 100%**. You can check the accuracy of your print by using a ruler on the measurements above.

- The ring should fit over your finger comfortably, snug enough so that it will not fall off, but loose enough to slide over the knuckle.
- Bands and rings over 5mm in width may fit your finger more tightly than rings of the same size in narrower widths. It is recommended to order a half size up for any ring over 5mm in width.
- The interior of a Comfort Fit ring puts less metal in contact with the finger so they tend to fit a little loose. If you are in between sizes, round down for this style ring; however, if you have large knuckles, you may need to go up half a size.
- Many people find that the variance of a half size or less will still fit comfortably most of the time.
- Avoid measuring your fingers when they are cold and damp, that is when they are at their smallest. The best time of day to measure your finger is at the end of the day.
- Keep in mind that finger size fluctuates slightly based on temperature, diet, and activity. The way your ring may fit will vary over the course of a day.

### MEASURE BY MATCHING YOUR RING

To find your Benchmark ring size, use an existing ring that fits you well. Match the inside of your ring with the circles below. Once your ring has been placed on the correct size, you should see only the white circle below it, there should be no blue showing through.

Note: If your ring falls between two sizes, we recommend sizing up.



### MEASURE WITH THE BENCHMARK RULER

Carefully cut out the ring size ruler below, and cut the line to create a slit. Wrap the ruler around your finger at the base, and pull the tapered end through. We also recommend measuring your knuckle to ensure that your ring will fit comfortably. Select a size that goes on and off your finger easily.

