Ring Size Chart: US, UK & EU Sizes

From TheCaratCut.com/guides/ring-size-chart

US sizes by inside measurement

US size	Inside diameter	Inside circumference
3	14.1 mm	44.2 mm
3.5	14.5 mm	45.5 mm
4	14.9 mm	46.8 mm
4.5	15.3 mm	48.0 mm
5	15.7 mm	49.3 mm
5.5	16.1 mm	50.6 mm
6	16.5 mm	51.9 mm
6.5	16.9 mm	53.1 mm
7	17.3 mm	54.4 mm
7.5	17.7 mm	55.7 mm
8	18.1 mm	57.0 mm
8.5	18.5 mm	58.3 mm
9	19.0 mm	59.5 mm
9.5	19.4 mm	60.8 mm
10	19.8 mm	62.1 mm

International conversion

US & Canada	UK, Australia & NZ	Europe (ISO)
4	H 1/2	47
4.5	I 1/2	48
5	J 1/2	49
5.5	K 1/2	50.5
6	L 1/2	52
6.5	M 1/2	53
7	N 1/2	54
7.5	O 1/2	55.5
8	P 1/2	57
8.5	Q 1/2	58
9	R 1/2	59.5

How to use this chart

- Ring that fits: measure the inside diameter across the middle with a ruler, then find the closest diameter above.
- String or paper strip: wrap it around the base of the finger, mark the overlap, measure the length in mm, and match it to the circumference column.
- Blue Nile's ring size guide suggests measuring at the end of the day, when fingers are warm and slightly larger, and choosing the larger size if you fall between two.
- GIA advises against string and paper: string can stretch and paper is easily damaged.
- Published charts differ on UK letters by up to one letter, so give a jeweller abroad the millimetre figure too.
- This is a conversion chart, not a printed sizer, so it stays accurate at any print scale.