

A Consumer Checklist for Choosing a Ring Size More Carefully

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NO FIT GUARANTEE

Use this checklist to reduce avoidable uncertainty. Completion does not guarantee final fit.

Before and During Measurement

- ☐ Choose the intended hand and finger.
- ☐ Identify the sizing system, source or tool version.
- ☐ Separate designation, diameter, circumference and fit observation.
- ☐ Choose the strongest suitable measurement method.
- ☐ Verify a print or screen with a physical calibration mark.
- ☐ Use Actual Size or verified 100% and disable Fit to Page.
- ☐ Measure an existing ring at the inner opening and check multiple axes.
- ☐ Keep paper or string level; avoid excessive tension or slack.
- ☐ Repeat measurements and record method and conditions.
- ☐ Stop if calibration, system or reference suitability is unknown.

Before Conversion and Ordering

- Treat cross-system targets as nearest or approximate unless directly documented.
- Record source, version, physical basis and rounding method.
- Use width- and profile-representative fitting; no universal increase applies.
- Assess both knuckle passage and finger-base stability.
- Treat weight and top-heaviness as context, not a sizing formula.
- Do not average incompatible methods blindly.
- Check resizing feasibility and return or exchange conditions.
- Seek professional fitting when evidence conflicts or consequences matter.
- Professional fitting reduces uncertainty but cannot guarantee fit.
- This checklist does not select or guarantee a MENSSKULL product size.

STOP CONDITION

Stop the ordinary sizing workflow for painful, acute or persistent unusual swelling; this guide does not interpret symptoms.