

Instructions

Use this sizing page to determine the size of wristband you should order. Wristbands come in two sizes: Large and Medium.

Large bands are 8 3/8" around and **Medium** bands are 7 3/8" around.

Before you print this document, ensure that your printer does not shrink the documents to fit otherwise you will not have the correct lengths for band sizes.

Cut out the strips outlined to the right. Once they are cut out, put the strips around your wrist or the wrist of the individual you would like to test for size. Then, use tape to secure the ends together without any overlap. You can also tape the ends together without putting them on a wrist to get an idea of size.

Size chart

	Length around	Width	Thickness
Large	8 3/8"	0.5"	0.08"
Medium	7 3/8"	0.5"	0.08"

Large band size: 8 3/8" around, 1/2"

Medium band size: 7 3/8" around, 1/2"