

PRINTABLE MEASURING TAPE TO MEASURE YOUR WRIST SIZE

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How to measure your wrist without a tape measure?

To be sure of the size of a bracelet you are making for yourself, the easiest way is to test the length of the bracelet on your wrist as you make it. But sometimes this is not possible or you want to make a bracelet for someone and you can't have the person next to you while you make it. You have to measure the wrist of this person. Perhaps you have a tape measure at hand? In that case, nothing could be easier! If not, here are some other methods to measure a wrist circumference.

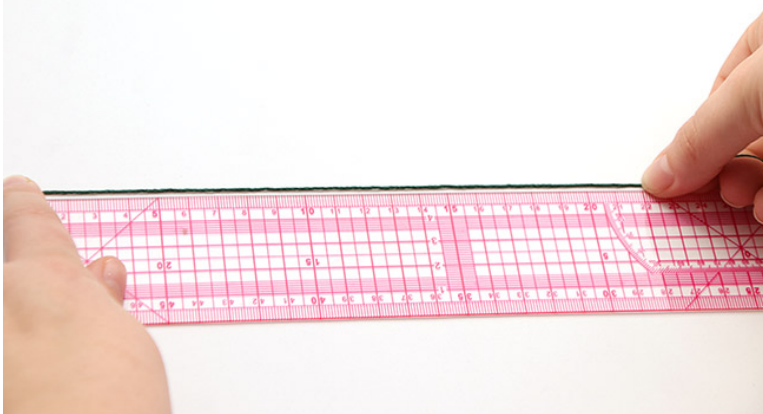
To measure your wrist circumference without a tape measure, take a string and a graduated ruler or print out our paper measuring tape. To use this tape measure, follow these steps:

1. Download the PDF and print this sheet in 100% size on A4 paper.
2. Check if possible with a ruler that the size is correct. If not, adjust the print size percentage when the printer window appears.
3. Cut around the pink part.
4. Glue the two pieces together. The edge should be at the dotted line.

Once you have your measuring tool, either the wire or the tape measure to print, place the zero or the piece of wire on your wrist and wrap it with the tape or wire. Do not tighten the thread or tape measure, it should be a little loose. Note the number that meets the zero on the tape. For the wire, pinch the spot where the wire meets the wire end.



Lay the wire on the ruler, not letting go of the spot you pinched. Place the wire end at the zero point on the ruler and watch where your fingers fall as they pinch the wire on the ruler.



Record the measurement on a piece of paper. This measurement is not the size needed for your bracelet. This is because the bracelet should not be too close to the skin to open and close easily. In addition, the larger the beads used, the larger the measurement. Depending on the beads used, add to this measurement, 1.5 cm for small beads under 3 mm to 3 cm for 10 mm beads. If you want a bracelet that is loose and not close to the wrist, add even more centimeters.

When you are not completely sure that the size of the bracelet will fit the person, then you should choose adjustable fasteners to finish your bracelet. For example, you can put an extension chain, add more rings or finish with a slip knot. In any case, it is easier to adjust a bracelet that is too big than too small.



A useful tool when making bracelets for others is the triboulet. It is a wooden cone with different diameters corresponding to typical wrist sizes. So you can test the bracelet to make sure it fits.

Result