



reminderband
CUSTOM SILICONE BANDS

Use this sizing page to determine the size of Reminderband you should order. Reminderbands come in three sizes: Large, Medium, and Child. Large bands are 8 3/8" around, Medium bands are 7 3/8" around, and Child bands are 5 7/8" around. **Before you print this document, ensure that your printer does not shrink the document to fit otherwise you will not have the correct lengths for Reminderband sizes.**

Instructions

Cut out the three 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	Large	Medium	Child
Length Around	8 3/8"	7 3/8"	5 7/8"
Width	0.5"	0.5"	0.4"
Thickness	0.08"	0.08"	0.08"



Cut on dotted line

REMINDERBAND LARGE SIZE: 8 3/8" AROUND, 1/2" WIDE

REMINDERBAND MEDIUM SIZE: 7 3/8" AROUND, 1/2" WIDE

Reminderband Child Size: 5 7/8" Around, .4" WIDE

Cut on dotted line