

HOW TO MEASURE YOUR WRIST FOR A WATCH

- Rotate your arm so that the palm of your hand is facing up
- Open your hand to make your wrist wider
- Take the measurement at your wrist bone or up to 1 inch higher on your forearm
- Use a measuring tape, a piece of string or a piece of paper

FOR A METAL BRACELET

Because metal bracelets closely wrap around your wrist, you don't need to add much to your wrist size.

Add
1 CM
to your wrist size

FOR A LEATHER BAND

Leather bands need a little more room, especially if you have a thick / stiff band or if it's brand new.

Add
2 CM
to your wrist size

FOR A NATO STRAP

Nato straps need a lot more room, because of the way they wrap under the case and over the spring bars.

Add at least
2.5 CM
to your wrist size

Remember: in order to have a comfortable fit, you should always be able to fit your index finger between your wrist and the bracelet, strap or band. Feel free to add even more room if you prefer a looser fit.