



ICEBands, replacement Inner Bands and Phat Bands come in three sizes: large, medium, and small.

- The large bands are 212mm (8 1/2") around and will fit most adults and large-framed teenagers.
- The medium bands are 187mm (7 1/2") around and generally fit ages six and up, including most teenagers and small-framed women.
- The small bands are 140mm (5.5") around and typically fit 2 - 7 years

The sizes stated are the internal circumference of the inner bands. The advisory "to fit ages" are only a guide and we strongly advise that you measure your wrist before ordering, as we will not refund or reprocess your order for incorrect sizes ordered.

Icebands are not intended for children under 2 years of age.

Instructions

Print this page and then cut out the three strips on the right. Then make each strip into a loop or band around your wrist. You may wish to secure the ends together with tape, (do not overlap the ends too much).

You can use each paper band as a size guide for yourself or anybody else that you may wish to buy an ICEBand product for.

Please do not reduce this page when printing as this will affect the size of the measuring strips, we recommend printing on A4 paper.

Large Size Band

Medium Size Band

Small Size Band