PLEASE READ THIS BEFORE PRINTING THE CAP TAPE

You may need to adjust your printer for an accurate measurement if you are using an inkjet printer.

Be sure your printer settings are set to print “Normal” or “Actual Size” or “100%”.

DO NOT SET YOUR PRINTER TO “Scale To Fit” or “Fit To Page”. This will cause the cap tape to shrink and will give you an inaccurate measurement.

To confirm if the cap tape printed correctly on your printer, fold the paper in half before cutting. The size 7” should be positioned approximately 1/16” below the fold line.

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HOW TO DETERMINE YOUR CAP SIZE

Print this form at 100% and carefully cut out the three pieces along the dotted lines. Tape the end of B to Line B so the arrows match. Tape the end of C to Line C so the arrows match. Once you have assembled the cap tape, measure your cap size.

To find your correct cap size, place tape around your head about one inch above your ears. Pull tape snug but not tight. The number where the tape meets shows the correct cap size to order.