

## Ear Gauge Chart: Find Your Perfect Piercing Size (2025)

This chart shows common ear piercing gauge sizes, converting them to millimeters (mm) and inches (in). It's a handy reference for anyone looking to understand or plan their ear stretching journey, from standard earrings to larger gauges.

| GAUGE SIZE ↕ | MILLIMETERS (MM) ↕ | INCHES (IN) ↕ |
|--------------|--------------------|---------------|
| 20g          | 0.81 mm            | 0.032 in      |
| 18g          | 1.02 mm            | 0.040 in      |
| 16g          | 1.29 mm            | 0.051 in      |
| 14g          | 1.63 mm            | 0.064 in      |
| 12g          | 2.06 mm            | 0.081 in      |
| 10g          | 2.59 mm            | 0.102 in      |
| 8g           | 3.25 mm            | 0.128 in      |
| 6g           | 4.11 mm            | 0.162 in      |
| 4g           | 5.19 mm            | 0.204 in      |
| 2g           | 6.54 mm            | 0.258 in      |
| 0g           | 8.25 mm            | 0.325 in      |
| 00g          | 9.27 mm            | 0.365 in      |
| 7/16"        | 11.11 mm           | 0.438 in      |
| 1/2"         | 12.7 mm            | 0.5 in        |
| 9/16"        | 14.29 mm           | 0.563 in      |
| 5/8"         | 15.88 mm           | 0.625 in      |
| 3/4"         | 19.05 mm           | 0.75 in       |
| 7/8"         | 22.22 mm           | 0.875 in      |
| 1"           | 25.4 mm            | 1.0 in        |

19 rows