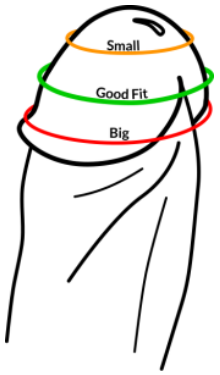
P-tainer Sizing Guide

Print at 100% / Actual Size. Check the scale bar at the bottom before you cut.

1. Cut out each circle. Tip: fold along the dotted line and snip from the fold.
2. While soft, pull any foreskin back behind your glans (the head).
3. Find your **Good Fit line**: about 1/3 to 1/2 of the way down your glans. That is where the opening of your P-tainer sits.
4. Starting with the smallest circle, slide your glans into each one:
   - Stops **above** your Good Fit line? Too small, go up a size.
   - Slides **past** your Good Fit line? Too big.
   - Snug **right at** your Good Fit line? **That's your size!**
5. Between two sizes? Choose the smaller one.



6
26 mm

8
28 mm

10
30 mm

12
32 mm

14
34 mm

16
36 mm

18
38 mm

20
40 mm

Each circle is the **actual size** of that P-tainer. Measured a size 6, 18 or 20? Reach out at **stealthretainers.com/contact-us**

Next: choose your length

Your size sets the diameter. Your coverage sets the length. Take our **P-tainer Length Quiz** to see which length fits you best.

Want to try before you choose?

The Starter Kit lets you try on a Demo P-tainer in each standard size, each with a matching gripper, plus a demo weight kit so you can feel what wearing weight is like. The easiest way to be sure before you buy.

More sizing help: **stealthretainers.com/size**

Scale check: this bar = 1 inch (2.54 cm)

