

To find the correct Apple Watch connector or adapter, follow the steps below. This guide is designed to help you choose the right size quickly and accurately, whether you are buying a strap, adapter, or connector.

Step 1 Check the size engraved on the back of your Apple Watch

Remove your Apple Watch from your wrist and turn it over. On the back of the case, you will see an engraving that includes 2 numbers followed by mm.

Example
38 mm
41 mm
45 mm
49 mm

This engraved number is the official case size and is the only size you need to determine compatibility.

Check the engraving on the back to confirm the size. It shows 2 numbers followed by mm.



Step 2 Match your watch size to the correct connector group

Apple Watch straps and adapters are grouped by case size. Use the table below to find the correct group.

Group 41 mm
Compatible with the following case sizes
38 mm
40 mm
41 mm
42 mm Series 10

If your watch back shows any of these sizes, you need a 41 mm group connector.

Group 45 mm
Compatible with the following case sizes
42 mm Series 1 to 3
44 mm
45 mm
46 mm

If your watch back shows any of these sizes, you need a 45 mm group connector.

Group 49 mm
Compatible with
49 mm Apple Watch Ultra
49 mm Apple Watch Ultra 2

If your watch back shows 49 mm, you need a 49 mm group connector.

Apple Watch Strap Connector Size Summary Table for Quick Reference

Group 41mm	38mm, 40mm, 41mm 42mm (Series 10)
Group 45mm	42mm (Series 1-3), 44mm, 45mm, 46mm
Group 49mm	49mm (Ultra/Ultra 2)

To find your Apple Watch size, simply check the size engraved on the back of the watch case.

Important notes before ordering

- Always rely on the engraved size, not the model name
- Series number does not matter unless specified above
- Bands and connectors within the same group are interchangeable
- A 41 mm connector will not fit a 45 mm watch and vice versa