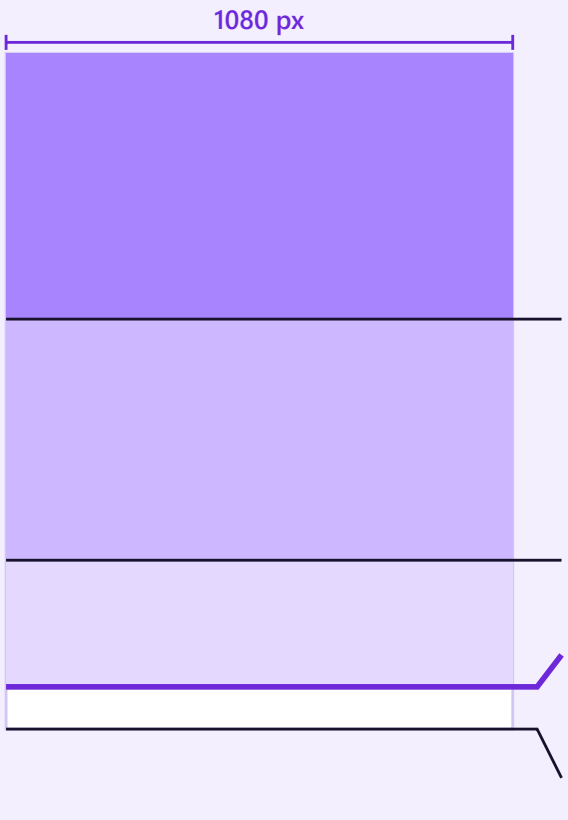
Instagram post sizes

Always 1080 wide. Only the height changes.



1080 x 566
1.91:1. Landscape photo

1080 x 1080
1:1. Square, mixed channels

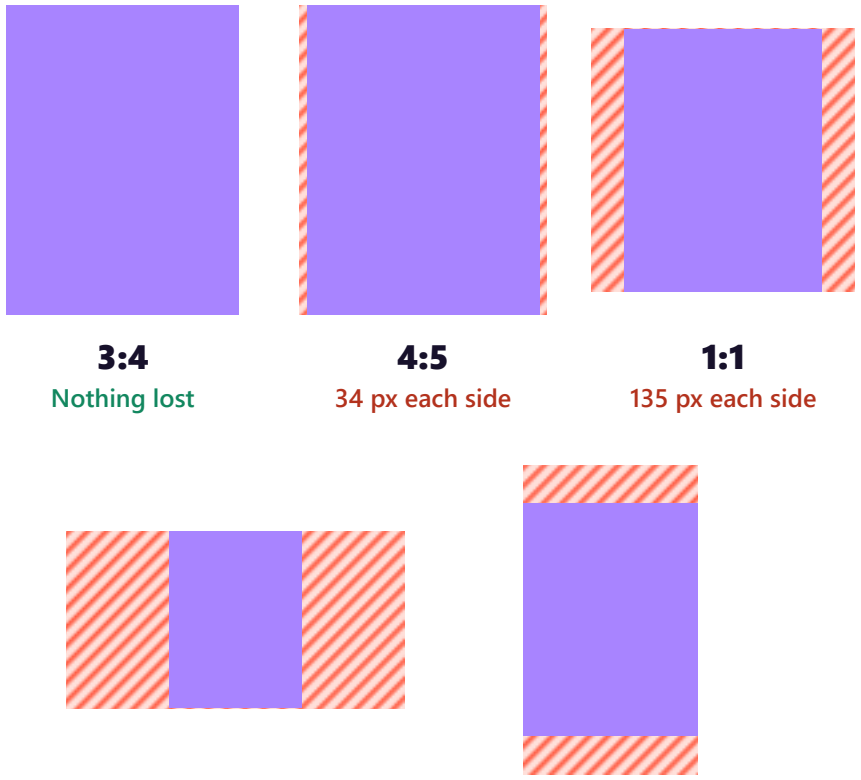
1080 x 1350
4:5. Safest tall post

1080 x 1440
3:4. Tallest. Check your tool

4:5 works everywhere: the app, schedulers and ads.

What the grid cuts off

Instagram profile tiles are 3:4. Striped areas disappear.



3:4
Nothing lost

4:5
34 px each side

1:1
135 px each side

1.91:1
328 px each side

9:16 cover
240 px top and bottom