



HELMET SIZING

HELMETS ADULT

HELMET SIZE	X- SMALL	SMALL	MEDIUM	LARGE	X- LARGE	2X- LARGE
HEAD CIRCUMFERENCE - INCHES	20.9 - 21.3	21 5/8 - 22	22.4 - 22.8	23.2 - 23.6	24.0 - 24.4	24.8
CENTIMETERS	53 - 54	55 - 56	57 - 58	59 - 60	61 - 62	63

HOW TO MEASURE HELMET SIZE



USING A SOFT MEASURING TAPE: WRAP IT AROUND YOUR HEAD AT THE LARGEST POINT ABOUT 1" (2.5 CM) UP FROM YOUR EYEBROWS AND AROUND THE LARGEST PART OF THE BACK OF YOUR HEAD, AND MEASURE THE NUMBER OF YOUR HEAD CIRCUMFERENCE.