

NUTCASE

Determining Your Helmet Size

The proper helmet fit is an important factor for safety and comfort. Here at Nutcase, we want to ensure that you get the best protection from injury and the maximum performance with a properly sized helmet. A snug, aligned fit will achieve a safe and secure ride. Below are simple steps in determining the proper helmet size. Remember to always ride safely!



Step 1: Measurement

Measure the circumference of your head with a tape measure. Place the tape measure slightly above the ear and bring it across the mid forehead completely circling the head about 1 inch above the eyebrows. Take several measurements to make sure you have the largest size. If you do not have a tape measure, use a string and measure it against a ruler. The charts linked below will assist you on which size is the best helmet fit. If a measurement falls in between a size, go up to the larger size.

METRORIDE SIZE CHART

SIZING CHART

| HEAD SIZE | HEAD SIZE | BIKE HELMET SIZE |
|----------------------------------|-----------|--|
| 21 ⁵ / ₈ " | 55cm | S/M-M/L 21 ⁵ / ₈ " – 23 ¹ / ₄ " 55cm – 59cm |
| 22" | 56cm | |
| 22 ³ / ₈ " | 57cm | |
| 22 ³ / ₄ " | 58cm | |
| 23 ¹ / ₄ " | 59cm | |

BIKE / SKATE SIZE CHART

| HEAD SIZE | HEAD SIZE | BIKE HELMET SIZE |
|-----------|-----------|--|
| 20½" | 52cm | <p>S</p> <p>20½" – 22"</p> <p>52cm – 56cm</p> |
| 20⅞" | 53cm | |
| 21¼" | 54cm | |
| 21⅝" | 55cm | |
| 22" | 56cm | |
| 22" | 56cm | <p>M</p> <p>22" – 23½"</p> <p>56cm – 60cm</p> |
| 22⅜" | 57cm | |
| 22¾" | 58cm | |
| 23⅛" | 59cm | |
| 23⅜" | 59cm | |
| 23½" | 60cm | |
| 23½" | 60cm | <p>L</p> <p>23½" – 25"</p> <p>60cm – 64cm</p> |
| 23⅞" | 61cm | |
| 24¼" | 62cm | |
| 24⅝" | 63cm | |
| 25" | 64cm | |

LITTLE NUTTY SIZE CHART

| LITTLE NUTTY HELMET SIZE | HEAD SIZE | HEAD SIZE |
|---|-----------|-----------|
| <p style="text-align: center;">XS</p> <p style="text-align: center;">18" — 20½"</p> <p style="text-align: center;">48cm — 52cm</p> | 18⅞" | 48cm |
| | 19¼" | 49cm |
| | 19⅝" | 50cm |
| | 20" | 51cm |
| | 20½" | 52cm |

BABY NUTTY SIZE CHART

| HEAD SIZE | HEAD SIZE | BABY NUTTY HELMET SIZE |
|-----------|-----------|---|
| 18½" | 47cm | <p style="text-align: center;">18½" — 19⅝"</p> <p style="text-align: center;">47cm — 50cm</p> <p style="text-align: center;">XXS</p> |
| 18⅞" | 48cm | |
| 19¼" | 49cm | |
| 19⅝" | 50cm | |



CORRECT

Step 2: Try it on

Once you have determined your helmet size, try it on. The helmet should be worn level on the head and not slide or move freely when you roll your head from side to side. If this is the case, you have a helmet that is too large. Extra padding may help provide a better, more snug fit.



INCORRECT

Step 3: Proper fit

Be sure the front of the helmet lays just above your eyebrows and that the back of the helmet does not touch the nape of your neck. The chin strap should fit snug but not too tight to cause discomfort or choking. Securely fasten the chin strap and try to roll the helmet off your head. If the skin on your forehead moves slightly, you have a good fit. Feel free to mix and match pad set sizes to achieve the best fit.