



Size	Head (centimeters)	Head (inches)
M	55 ~ 59cm	21 1/4 - 23 1/4in
L	59 ~ 62cm	23 1/4 - 24 1/2in

HOW TO MEASURE

1. Wrap a soft, flexible measuring tape horizontally around your head 1 inch above your eyebrows and ears. Pull the tape softly snug, read the length and repeat for accuracy. Use the largest measurement.
2. Select the helmet size that is closest to your head measurement from the Size Chart above.