

HOW TO MEASURE YOUR HEAD

“A perfect-fitting guide”

The goal of a helmet is to keep your head safe from any accident. It ensures the safety of your head. To lessen injury or ensure better protection you need to select a helmet which is a comfortable fit. A bad fitting helmet cannot ensure the safety of the chin strap is done up.

Getting the right fit

Before you desire to buy [any helmet](#), you must [know the accurate size](#) of your head.

If you know the exact size, you are then able to buy the best fitting helmet for you.

Here is a great way to get the actual size of the helmet for a comfortable fit:

Your head size plus your head shape equal to a comfortable fit.

Head Shape

Each of us has a unique head shape, it is a matter of round, rectangular, and everything in between.

Your mind contour is best detected by looking downwards on the very top of your head. This is not a view that some people are accustomed to but with a handheld mirror along with a hanging mirror, then you can find a fantastic look all on your own.

Oval heads are skinny and long from front to rear. Typical heads continue to be oval-shaped however to a lesser level. In the end, you will find around heads, which can be approximately as broad as they're long.

Different Head Shapes

Here you will get the exaggerated shape of human heads that is viewed from different angles of the head.

Oval

It is understood as long oval which is the general shape of heads

Round

The round shape is wider in the middle nearly about the temples

Egg

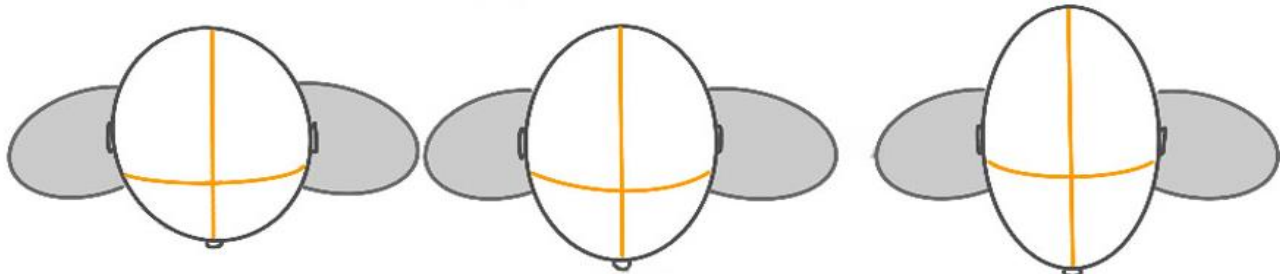
Wide to the top and narrow at the bottom.

Though there are lots of sizes and shapes of human heads, most of all fall into the two basic categories:

- very narrow, 'long oval' head appearances
- very wide 'round' earth head shapes

Some people have a combination of these two categories. The combination of these two shapes has an infinite number of variations.

CHECK YOUR HEAD SHAPE



ROUND OVAL

Not quite a basketball, but close. The front to back measurement (Length) for your head is almost equal to your ear to ear (Width) measurement

INTERMEDIATE OVAL

Similar to the shape of an egg, the front to back measurement (Length) of your head is slightly longer than your ear to ear (Width) measurement

LONG OVAL

Toss up between a football and a watermelon, a Long Oval head shape is considerably longer front to back (Length) than the ear to ear (Width) measurement.

Head Size

Measuring your head is very important to have a perfect fit and is not difficult to accomplish, therefore don't just assume!

The best way to measure your head is to have a soft tailor band available but If you do not own one, ask some of the girls in your own life they tend to have these sorts of things. If this fails, then wrap a string around your head, then mark the point at which it covers all the ways round, then lay the series flat to quantify it.

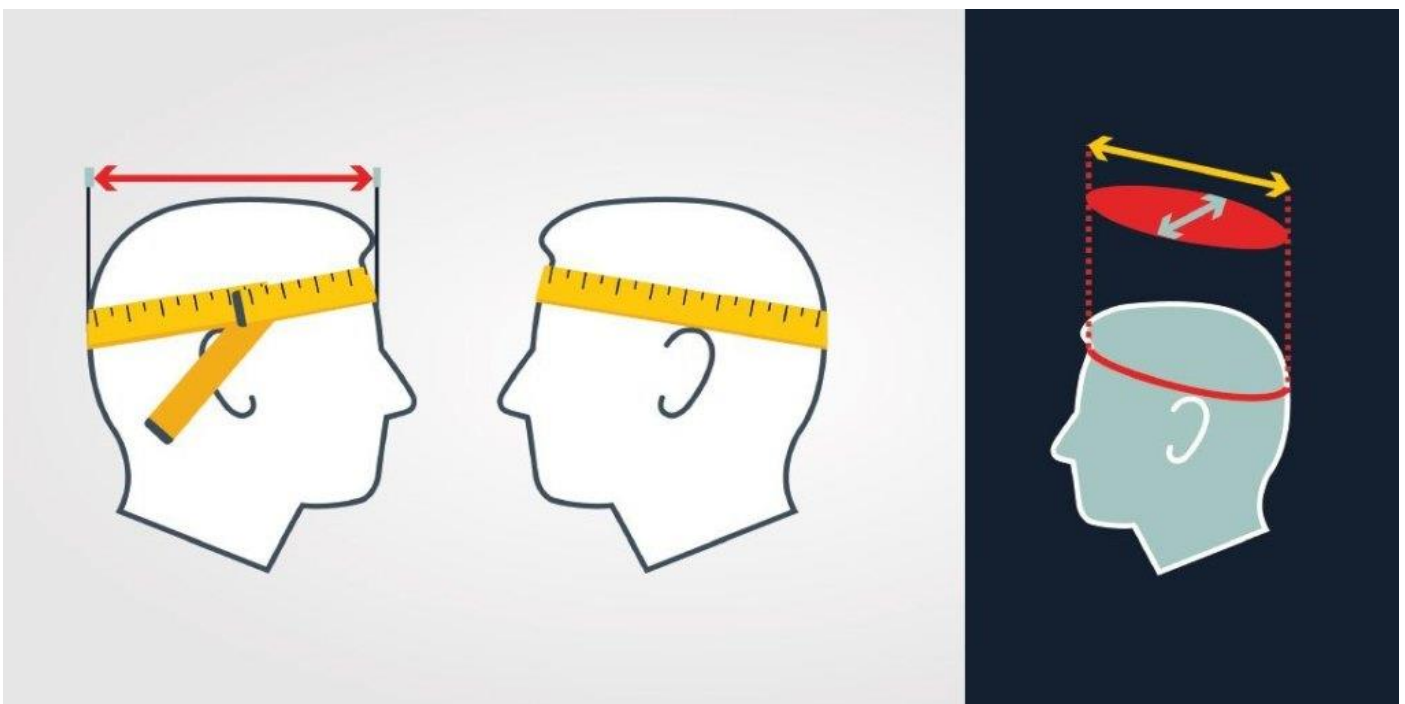
You would like to measure your head circumference at the most significant point. That is generally around eyebrow degree. As soon as you've got a number, consult the sizing chart and determine where your lineup.

| ADULT | HELMETS | inches | cm | Hat Size |
|----------|----------------|---------|------|----------|
| | 52.0 - 55.0 CM | 21 1/4 | 54 | 6 3/4 |
| | | 21 5/8 | 54.9 | 6 7/8 |
| | | 22 | 55.9 | 7 |
| XS - S | 56.0 - 59.0 CM | 22 3/8 | 56.8 | 7 1/8 |
| | | 22 3/4a | 57.8 | 7 1/4 |
| M - L | 60.0 - 63.0 CM | 23 1/8 | 58.7 | 7 3/8 |
| | | 23 7/8 | 60.6 | 7 5/8 |
| XL - XXL | | 24 1/4 | 61.6 | 7 3/4 |
| | | 23 3/4 | 62.9 | 7 5/8 |

How to take an exact measurement of your head size

You have to take a small metal tape or cloth tape to be confirmed by the measurement. If you can, take the accurate measurement of someone who helps you.

- Measure the fullest part of your head above the ears; take the measurement of the forehead.
- The area of the head must be measured at a point about one inch above the eyebrows or to the largest possible measurement.
- Measure the length of your head front the front to the rear part
- Measure the width of your head from one ear to the other one



Important Tips

- Different brands have a various sizing chart for a similar sizing helmet but the fitting can be different for shell size, cheek pad, and thickness of interior padding so don't take it for granted when you are choosing your new helmet.
- The best helmet fit is always made trying the real helmet product and to check the best padding solution for your head in the process.
- Always wear the best flight helmet your available budget can buy, compare the ones available on the market and if possible try them on, what it looks cool in a picture may not be as comfortable and safe to wear inflight. It's a compelling matter of safety, comfort and overhaul performance for an important piece of flight gear that will follow your adventures for many years to come.