

SIZE	HEAD IN.	HEAD CM.
XS/JR	18.5-20.5in.	47-52cm.
SM	20.5-21.7in.	52-55cm.
MED	21.7-22.8in.	55-58cm.
LRG	22.8-24in.	58-61cm.
X-LRG	24-25in.	61-64cm.

DIRECTIONS:

Measure circumference of head (approximately 1.5cm above ears). This should be the widest part of your head.

