

### Bell Helmet Sizing

Size	XX-Small	X-Small	Small	Medium	Large	X-Large	2XL	3XL
<b>Inches</b>	21 1/2 – 21 5/8	22	22 3/8	22 3/4 – 23 1/4	23 1/2 – 23 5/8	23 7/8 – 24 1/4	24 5/8 – 25 1/8	25 5/8 - 26
<b>Metric (cm)</b>	54 - 55	56	57	58 - 59	60	61 – 62	63 - 64	65 - 66
<b>Hat Size</b>	6 3/4 – 6 7/8	7	7 1/8	7 1/4, 7 3/8	7 1/2	7 5/8, 7 3/4	7 7/8 - 8	8 1/8 – 8 1/2

An effective helmet is one that fits properly. Have an assistant use a measuring tape, or a piece of string to measure the circumference of your head starting at a point approximately one inch above the eyebrows in front, around a point in the back of the head that results in the largest possible measurement, and finally wrapping back to the front. It is a good idea to take several measurements to make sure you have the largest one.