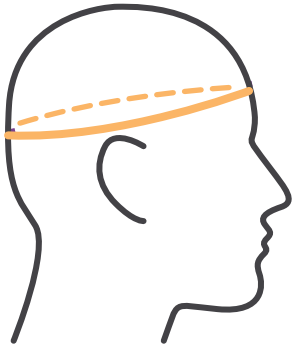


# Size guide helmets

Q|ESSENTIALS  
By GHP



## Finding your size

Find your helmet size by measuring the circumference of your head above the ear. The length in centimetres is your helmet size.

## The right fit

After choosing the right helmet size, twist the knob on the back until the helmet is tight, but comfortable.

With the chin strap undone, shake your head up and down, left and right. If the fit is right, the helmet should barely move.

Lastly, adjust the chin strap until it just touches your chin.