



BELL HELMET SIZING GUIDE

Standard Size	Inches	Hat Size	Metric
XXS	21 1/4" - 21 5/8"	6 3/4 - 6 7/8	54, 55
XS	22"	7	56
S	22 3/8"	7 1/8	57
M	22 3/4" - 23 1/8"	7 1/4 - 7 3/8	58, 59
L	23 1/2"	7 1/2	60
XL	23 7/8" - 24 1/4"	7 5/8, 7 3/4	61, 62
XXL	24 5/8" - 25 1/8"	7 7/8, 8	63, 64
XXXL	25 1/2" - 25 7/8"	8 1/8, 8 1/4	65, 66
XXXXL	26 1/4" - 26 3/8"	8 3/8 - 8 1/2	67, 68

The circumference of the head should be measured at a point approximately one inch above the eyebrows in front, and at a point in the back of the head that results in the largest possible measurement. If you wear a one- or two-layer Nomex balaclava hood with the helmet, it should be worn when measuring head circumference. If a hood is not available, add about 1/4 inch to the circumference measurement for one-layer and 1/2 inch for a two-layer balaclava. Helmets should fit as snug as possible without causing discomfort.

See the conversion chart above to help determine the proper size. The sales staff at Truechoice will further assist you after you have made a proper measurement.