

Helmet size charts (typical)

Helmet type	Size	Head (cm)	Head (in)
Bike – adult	S	51–55	20.1–21.7
Bike – adult	M	55–59	21.7–23.2
Bike – adult	L	59–63	23.2–24.8
Bike – children	Toddler	44–50	17.3–19.7
Bike – children	Child	48–54	18.9–21.3
Bike – children	Youth	52–56	20.5–22.0
Motorcycle	XS	53–54	20.9–21.3
Motorcycle	S	55–56	21.7–22.0
Motorcycle	M	57–58	22.4–22.8
Motorcycle	L	59–60	23.2–23.6
Motorcycle	XL	61–62	24.0–24.4
Motorcycle	XXL	63–64	24.8–25.2
Ski and snowboard	S	52–55	20.5–21.7
Ski and snowboard	M	55–59	21.7–23.2
Ski and snowboard	L	59–62	23.2–24.4
Ski and snowboard	XL	62–65	24.4–25.6
Equestrian	6 5/8	53	20.9
Equestrian	6 3/4	54	21.3
Equestrian	6 7/8	55	21.7
Equestrian	7	56	22
Equestrian	7 1/8	57	22.4
Equestrian	7 1/4	58	22.8
Equestrian	7 3/8	59	23.2
Equestrian	7 1/2	60	23.6
Equestrian	7 5/8	61	24

Always check the manufacturer's own chart.