

Helmet sizing information

Sizing Chart

Helmet Size Convention Chart

Size	Centimeter	Hat Size	Inches
S	55-56	6 7/8-7	21 5/8-22
M	57-58	7 1/8-7 1/4	22 1/2-22 7/8
L	59-60	7 3/8-7 1/2	23 1/4-23 5/8
XL	61-62	7 5/8-7 3/4	24-24 3/8
2XL	63-64	7 7/8-8	24 3/4-25 1/4

You can use the standard chart above to figure out your helmet size.

Or

Check for the label in your helmet that gives you the size you are presently wearing. Below is a picture of the inside of a Quiet Ride Full Face Helmet. The label shows a size of XXL.

If the small tag in your helmet says XXL as the Quiet Ride Full Face helmet picture below, you should order an XXL(extra extra large) size. If your present helmet tag says M (medium) you should order the medium size, etc.

Same principle applies to your motocross helmet. Order same size Quiet Ride Motocross helmet as the tag size says in your present motocross helmet.



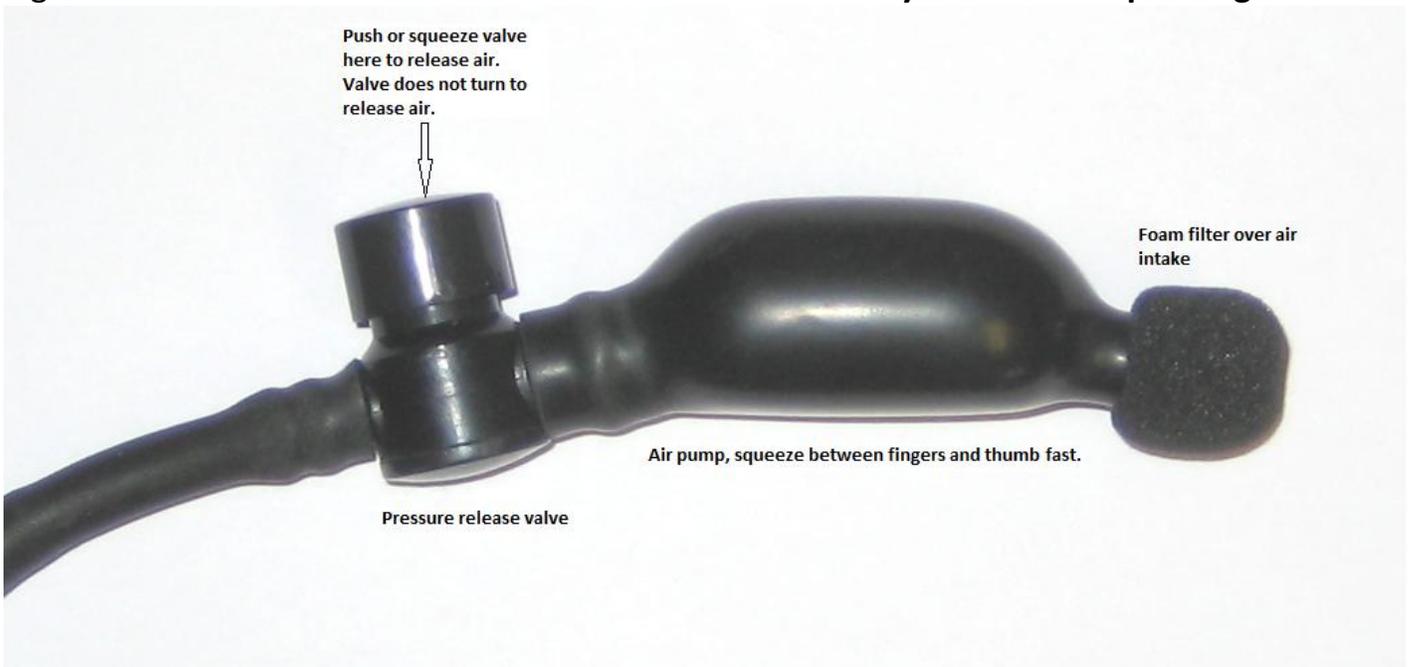
Hemet shapes can be narrow to medium to oval (wide) per size or someplace in between. I would consider Quiet Ride Helmets to be more on the wide or oval shape. **Note the measurement across the widest point on the bottom of the helmet at eight and three**

quarter inches. Measure your present helmet for width. You probably will be a one half inch to three quarters of an inch narrower at the widest point across the base of your helmet.

I wanted the factory to use a wider helmet shape in the full face helmet and the motocross helmet with wider padding around the ear muff area to make sure ear noise reduction muffs would not stick out beyond the padding when putting the helmet on and taking the helmet off.



The total height of the ear noise reduction muff as shown above is one and three eighths inches high. The latex air bladder and Velcro stick on pads holding ear muff to the bladder and then to the inside of the helmet shell adds another one quarter inch for a total of one and five eighths inches. **The ear noise reduction muffs recess nicely into the side padding.**



**Make sure you press the air release button on the air pump before taking off your helmet.
Your ears will appreciate your remembering.**