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2026 HELMETS

Charts checked November 2026

Bike Helmet Size Chart 2026

Helmet size by head circumference for 11 makers, with kids' sizes

Short answer: Most makers' bike helmets come in Small for heads of about 51 to 56 cm (20 to 22 in), Medium for 55 to 59 cm (21.7 to 23.2 in) and Large for 59 to 62 cm (23.2 to 24.4 in). Kids' toddler, child and youth sizes cover about 45 to 57 cm, and one-size adult helmets usually fit 54 to 61 cm.

Bike helmet size chart by head circumference

HEAD SIZE	GIRO	BELL	TREK	SPECIALIZED	POC	SMITH	KASK	LAZER	FOX	THOUSAND	NUTCASE
50 cm (19.7 in)	–	–	–	–	S	XS	S	–	–	–	–
51 cm (20.1 in)	S	–	S	S	S	XS or S	S	–	S	–	–
52 cm (20.5 in)	S	S	S	S	S	XS or S	S or M	S	S	–	S
53 cm (20.9 in)	S	S	S	S	S	S	S or M	S	S	–	S
54 cm (21.3 in)	S	S	S or M	S	S or M	S	S or M	S	S	S	S
55 cm (21.7 in)	S or M	S or M	S or M	S or M	S or M	S or M	S or M	S or M	S or M	S	S
56 cm (22.0 in)	M	S or M	S or M	S or M	S or M or L	M	S or M	S or M	M	S	S or M
57 cm (22.4 in)	M	M	S or M	M	M or L	M	M	M	M	S or M	M
58 cm (22.8 in)	M	M or L	M or L	M	M or L	M	M	M or L	M	M	M
59 cm (23.2 in)	M or L	M or L	M or L	M or L	M or L	M or L	L	M or L	M or L	M or L	M
60 cm (23.6 in)	L	L	M or L or XL	M or L	M or L	L	L	L	L	L	M or L
61 cm (24.0 in)	L	L or XL	L or XL	L	L	L or XL	L	L or XL	L	L	L
62 cm (24.4 in)	L	L or XL	L or XL	L	L	L or XL	L	XL	L	L	L
63 cm (24.8 in)	L or XL	XL	L or XL	–	–	XL	–	XL	L	–	L
64 cm (25.2 in)	XL	XL	XL	–	–	XL	–	XL	–	–	L
65 cm (25.6 in)	XL	XL	XL	–	–	XL	–	–	–	–	–

Kids' bike helmet size chart

MAKER	KIDS' SIZE	HEAD SIZE	SIZED LIKE
Giro	Youth XS	45–51 cm	Toddler
Bell	Universal Toddler	45–52 cm	Toddler
Trek	Toddler	46–50 cm	Toddler
Lazer	Bob+ (toddler)	46–52 cm	Toddler
Giro	Universal Child	47–54 cm	Child
Smith	Youth S	48–52 cm	Child
Trek	Child	48–52 cm	Child
Bell	Universal Child	48–55 cm	Child
Thousand	Jr. (XS)	49–53 cm	Child
Giro	Youth S	49–55 cm	Youth
Trek	Youth / XS	50–55 cm	Youth
Lazer	Max+ (kids)	50–56 cm	Youth
Bell	Universal Youth	50–57 cm	Youth
Giro	Universal Youth	50–57 cm	Youth

Fit check

- **Level and low.** The front edge sits one inch or less above your eyebrows, not tilted back (REI, Trek).
- **Snug, not tight.** Push the helmet side to side and front to back; movement of an inch or more means adjust it (REI).
- **Straps.** They form a V under each ear (REI, Trek).

Free calculator: every maker's helmet size for you

Enter your head size for each maker's own size, kids' toddler, child and youth sizes and 2026 helmets in your size.

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Sizes are estimates built from published maker and retailer charts; the sources are listed on the web page. Check the size chart for the exact model you buy. Free to print and share. © 2026 GearSizeChart.com