

# 2026 POC Omne Lite Cycling Helmet - Size Chart



## Size Chart in CM

size	Head
S	19.5 - 22
M	21.5 - 23
L	22 - 24

## Size Chart in Inches

size	Head
S	50 - 56
M	54 - 59
L	56 - 61

Sizes are based on the circumference of your head. To determine the correct size, wrap a measuring tape around your head as shown in the diagram. Once you have determined your measurement, use the chart here to find your

correct size.