

HOW TO MEASURE YOUR SIZE

Wrap a measuring tape around your head, keeping the tape level from front to back. Note the measurement and reference the Size Guide.

SIZE	CIRCUMFERENCE
XS/S	51 - 55 cm
M/L	55 - 59 cm
XL/XXL	59 - 63 cm

Note: We recommend you try helmets on before buying. Make sure the helmet fits snug enough that it doesn't shift or move when shaking your head vigorously. Once you establish the proper size helmet, fit can be adjusted by swapping between the included 25mm or 30mm cheek pads.

HOW TO ADJUST THE FIT

- Step 1: Choose the proper cheek pads for your face/head shape. The Insurgent ships with two sizes (25mm and 30mm).
- Step 2: Adjust the interior pads if needed.
- Step 3: Secure the D-Ring buckle so the it rests against the back of the jaw/throat.
- **Step 4:** Before riding, always check the fit to make sure the helmet is comfortable and secure. It should not roll forward or back, or sit so low that it hinders vision.