

# The OP & DEFENDER HELMET SYSTEMS

WITH PANTON  
VENTED LINER

## SIZING GUIDE

Measuring head circumference is the easiest way to quickly evaluate what size helmet is best for you. Using circumference alone many users will find that they fit into two (2) helmet sizes. We recommend additional length and width measurements be taken whenever possible in order to further refine helmet size choice.

IF USER FALLS IN TWO (2) SIZES, CHOOSE THE LARGER SIZE HELMET.

### MEASUREMENTS IN mm

	S	M	L	XL	XXL
CIRCUMFERENCE	525 - 570	545 - 590	570 - 610	590 - 630	610 - 655
LENGTH	up to 205	up to 210	up to 215	up to 220	up to 230
WIDTH	up to 165	up to 175	up to 185	up to 190	up to 195
CAP SIZE (US)	up to 7 1/8	up to 7 3/8	up to 7 5/8	up to 7 7/8	up to 8 1/4

### HELMET FIT IS AFFECTED BY...

#### EQUIPMENT

Comms headsets, NVGs and eyewear can change the helmet fit and balance

- Try on helmet with equipment used during training & combat. Does it fit? Headsets with headbands can add up to 25 mm head width

#### HEADWEAR

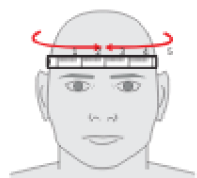
Beanies, toques and balaclavas can make the helmet feel tight

- Beanies, toques and balaclavas can increase head circumference by 15 mm as well as length and width by 5 mm
- Measure head with typical headwear
- Try on and adjust helmet. Is it too tight? Consider a larger size

#### HAIRSTYLE

Ponytails, hair buns and bulkier styles can change how the helmet sits on the head

- Measure head dimensions with bulkiest hairstyle
- Move nape higher or lower to accommodate ponytails or buns
- Use shims under crown pads to accommodate hair on the top of the head

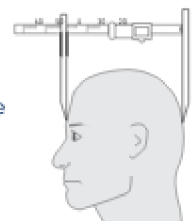


CIRCUMFERENCE

#### MEASURE CIRCUMFERENCE USING A TAPE MEASURE:

Measure maximum head circumference a finger width above eyebrows & ears (13 mm).

No measuring tape? Measure maximum head circumference by placing a string approx. 13 mm above the eyebrows and ears. Measure string length using a ruler.

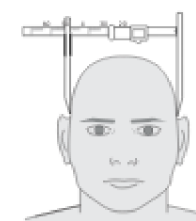


LENGTH

#### MEASURE LENGTH AND WIDTH USING A CALIPER:

Measure maximum length/width a finger width approx. 13 mm above eyebrows/ears.

No calipers? Use 2 pencils placed on the head and measure distance between them. An extra set of hands will help ensure pencils are straight and measurement is accurate.



WIDTH