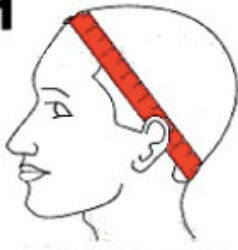


# How to Measure your Cap size

## Circumference of the head

**1**



Start the tape at your hairline at the center of your forehead. Run the tape around, behind the ears, passing your hairline at the nape of the neck, and back up to the middle of your forehead where you began.

## From forehead to nape of neck

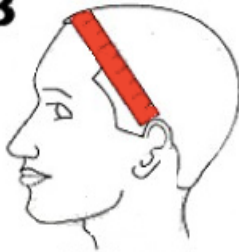
**2**



Start the tape from the center of the front of your hairline, straight back following the head shape to the center of your hairline at the nape of the neck.

## Ear to ear across front hairline

**3**



Measure from front hairline by ear (where glasses rest) Keeping your tape along forehead following the front hairline to the same spot on the opposite side of the head (stopping where glasses rest at the ear).

## Ear to ear over top of head

**4**



Lay the end of the tape about (where glasses rest) at the top of your ear between the ear and the head. Bring the tape across the top of your head

To meet the other ear at the same point following head shape.

## From temple to temple to around back Nape of neck

**5**



Start at your temple, and bring tape measure around parallel to the opposite side of the head to reach the other temple following head shape.

**6**



Measure the width of the hairline across the nape of the neck.