

## Measuring for your facegaiter

facegaiter comes in a range of sizes. Here's how to find yours:

1. Locate a fabric tape measure to measure your head.

Tip: If you do not have a fabric tape measure, use a string, shoelace or phone charging cord instead. Carefully transfer the length to a rule or steel tape to determine your measurement.

2. Measure the circumference of your head round the bridge of your nose, under your ears and around the nape of your neck.
3. Use the chart below to select your size in the Size Chart. The new adjustable sizes are shown at the bottom – the old fixed sizes are shown for reference.

Please take care to follow these guidelines to see that there is a good fit – this will minimise leakage and ensure it is comfortable to wear. As with shoes you want a facegaiter that fits you, most adults will be either medium or large. If you are on the border between sizes opt for the larger one.



### Size Chart

Measurement (cm)	44-46	46-48	48-50	50-52	52-54	54-56	56-58	58-60	60-62	62-64	64-66	66-68
(inches)	17 ½" – 18 ¼"	18 ¼" – 19"	19" – 19 ¾"	19 ¾" – 20 ½"	20 ½" – 21 ¼"	21 ¼" – 22"	22" – 22 ¾"	22" ¾ – 23 ½"	23 ½" – 24 ¼"	24 ¼" – 25"	25" – 25 ¾"	25 ¾" – 26 ½"
Old Size (fixed)	3	4	5	6	7	8	9	10	11	12	13	14
<b>New Size: Adjustable</b>	<b>Small</b>			<b>Medium</b>			<b>Large</b>			<b>X-large</b>		