

# Hat Fitting

## *Guidelines from the British Equestrian Trade Association*

1. You may start by measuring the head in centimetres for a guide to the size required. (See separate chart) Pass the tape measure round the fullest part at the back, above the ears and just above the eyebrows.
2. Take the hat and roll it on to the head from the front, the correct position being about half an inch above the eyebrows. Press down until it is in the correct position on the head.
3. There should be a feeling of suction when you try to lift the hat from the head, lifting the eyebrows as the skin above them moves.
4. The snug fit creates a vacuum but there should be no undue pressure at the temples which could cause a headache.
5. There **may** be space at the back to insert **only the top of the index finger** but this is not as critical as the fit at the temple area.
6. Adjust the straps. **The chin strap first then the back strap.** They need to feel comfortable to the wearer and should ensure that the hat stays in position while riding and does not fall off.
7. Remember different makes vary in shape. Some are longer and narrower than others so it is worth trying a different make in the same size which may suit the shape of the head better for a snug fit.