

USMC Lightweight Helmet Sizing Chart for Pad Suspension

Helmet Size	Pad Set	Head Circ.		Head Length		Head Width	
		English (in)	Metric (mm)	English (in)	Metric (mm)	English (in)	Metric (mm)
X-Large	3/4 in	25.0	636.0	8.6	219.0	6.9	174.0
	1 in	24.3	616.0	8.4	214.0	6.5	164.0
Large	3/4 in	23.3	591.0	8.1	206.0	6.3	159.0
Medium	3/4 in	22.5	571.0	7.8	197.0	6.1	154.0
Small	3/4 in	21.7	551.0	7.4	189.0	5.9	149.0
X-Small	3/4 in	20.9	531.0	7.1	180.0	5.6	142.0

The Lightweight Marine Helmet original sizing structure was based upon a sling suspension system. This system provided a one half inch offset between the helmet and the head. The switch to the pad suspension system provided a three quarter inch standoff. Because of this additional quarter inch standoff, the original sizing structure had to be altered to the above measurements. This new structure means that many Marines must wear a size larger helmet. This shift to larger helmets renders the size X-Small helmet virtually obsolete. The chart below indicates the percentage of the male and female population that will fit in the X-small and Small Pad Suspension Lightweight Marine Helmets. Those who fit into an X-small helmet can be accommodated adequately with a size Small helmet and one-inch pads.

Percent Population that fits within-a-size

Helmet Size	Percentage Fit within-a-size	
	Male	Female
Medium and Larger	94.9%	48.8 %
Small	5.0%	45.8 %
X-Small	<.1%	5.4%