

# GIRO FOOTWEAR Sizing Guide



## SIZES

EUR	36	36.5	37	37.5	38	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5	44	44.5	45	45.5	46	46.5	47	47.5	48	48.5	49	49.5	50
UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14						
US M	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15						
US W	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	13.5	14	14.5	15	15.5	16						
CM	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	28.5	29	29.5	30	30.5	31	31.5	32									

## HOW TO FIND YOUR SIZE

Giro cycling shoes are available in Men's, Women's and High Volume sizes to ensure a comfortable, supportive fit. Use this size chart as a guide or ask for your retailer for assistance, and always try shoes on prior to purchase.

## ALWAYS TRY THEM ON

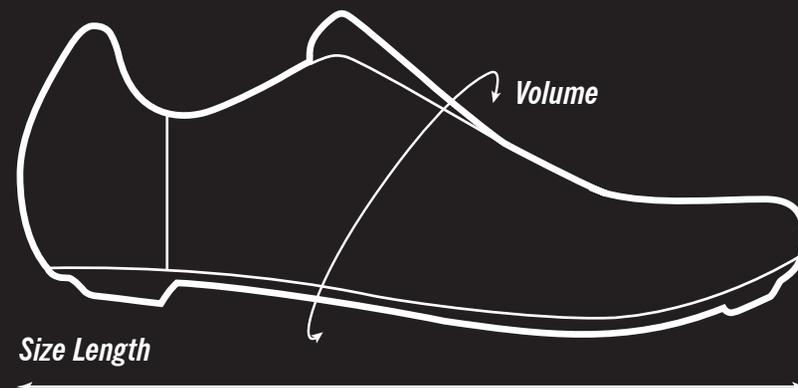
To ensure the best fit and comfort, we recommend that you try shoes on before buying if possible.

## WHICH FIT IS RIGHT FOR YOU?

**Performance Fit:** The Giro Performance Fit supports a low- to mid-volume foot comfortably and securely. It is the most common option.

**High-Volume Fit:** The Giro HV Fit is designed for feet with extra width (D to EE), greater overall volume or extra tall instep. It may also provide the best fit if you use a custom orthotic, since they can be thicker than our stock footbeds.

**Women's Performance Fit:** The Giro Women's Performance Fit is designed with lower volume compared to the standard Performance Fit, with a narrower heel cup & narrower forefoot width.



# GIRO HELMET Sizing Guide



## ADULT SUPER FIT™

Small	51 - 55cm
Medium	55 - 59cm
Large	59 - 63cm
Extra Large (Select Models)	61 - 65cm

## ADULT UNIVERSAL

Women	50 - 57cm
Adult Unisex	54 - 61cm
Extra Large	58 - 65cm

## YOUTH

Extra Small (Scamp™ Model)	45 - 49cm
Small (Scamp™ Model)	49 - 53cm
Extra Small (Dime™ Model)	47 - 51cm
Small (Dime™ Model)	51 - 55cm
Universal Youth (Ages 5+)	50 - 57cm

## HOW TO MEASURE YOUR SIZE

Wrap a measuring tape around your head, keeping the tape level from front to back. Note the measurement and use the size chart as a guide. If you are not sure about the measurement, ask your retailer for assistance.

## HOW TO ADJUST THE FIT

Proper fit is essential, so always try helmets on prior to purchase. If the helmet is not comfortable and stable on your head, or you are unsure about the helmet's fit, ask for your retailer for assistance.

**Step 1:** Adjust the fit system at the rear of the helmet for a snug, secure fit. Some helmets also include a vertical tuning feature that allows you to adjust the fore/aft tilt, for optimal positioning on your head.

**Step 2:** Adjust the straps so that they sit just below the earlobes.

**Step 3:** Adjust the buckle so that it rests against the back of the jaw/throat.

**Step 4:** Adjust the interior pads if needed.

**Step 5:** Check the fit to make sure helmet is comfortable and secure. It should not roll forward or back, or be able to slide off.



# GIRO GLOVE Sizing Guide



	MEN'S	WOMEN'S	YOUTH
HAND WIDTH	XS 160-178mm	S 165-184mm	XS 133-142mm
	S 179-200mm	M 185-203mm	S 143-152mm
	M 201-219mm	L 204-222mm	M 153-162mm
	L 220-234mm		L 163-172mm
	XL 235-249mm		
	XXL 250-265mm		
HAND LENGTH	XS 150-164mm	S 153-169mm	XS 150-154mm
	S 165-179mm	M 170-189mm	S 155-159mm
	M 180-194mm	L 190-209mm	M 160-165mm
	L 195-204mm		L 165-169mm
	XL 205-219mm		
	XXL 220-235mm		

## WHICH GLOVE IS RIGHT FOR ME?

**Road Gloves:** Short-finger designs provide a layer of protection and enhanced grip at the handlebars. Padding enhances comfort by reducing vibration and shock from rough road surfaces.

**Dirt Gloves:** Full-finger designs offer extra coverage to protect hands from falls, grit and grime, as well as enhancing grip of the bars. Padding helps to reduce impact energy without compromising grip or bar feel.

**Winter Gloves:** Winter gloves help to insulate against cold & moisture without compromising comfort or control at the handlebars. Every model offers a suggested temperature rating to help ensure you're properly prepared.

## WHAT IS MY SIZE?

Measure the length and diameter of your hand as illustrated, and use the corresponding chart to determine your size.

**Hand Width:** Wrap the tape measure around your hand at the widest part of the palm, and lightly close your hand before taking the measurement. This is your Hand Width measurement.

**Hand Length:** Use a tape measure to determine the length of your hand from the tip of your longest finger to the base of your palm at the wrist. This is your Hand Length measurement.

