

# Size chart

Find the right fit for your BUFF® neckwear.

Neckwear size is determined by head circumference, as the product is designed to pass over the head.

BUFF® Neckwear		
Size	Measurements (head circumference)	
ADULT	50–58 cm	19.7–22.8 in
YOUTH	45–56 cm	17.7–22.0 in

## How to measure

To ensure the best fit for your neckwear, measure your head circumference:

1. Take a flexible measuring tape.
2. Measure around the widest part of your head, just above the ears.
3. Keep the tape snug but not tight.

