

Helpful Tip for Hairstyling

If you have long or thick hair that you wear under your helmet, the length of your hair or the way you tie it up may change the way your helmet sits on your head. Be sure that your hair lies as flat to your head as possible under your helmet.

To achieve both a snug helmet fit and a neat appearance, consider using two hair nets and the method shown in the series of photos:



- 1 Hair and hair net are gathered into a ponytail holder. Note the traditional styling of the hair covering the top half of the ear.



- 2 Ponytail is laid flat as possible against the head.



- 3 A second hair net is placed over the hair.



- 4 The rider tilts her head forward as she slides on the helmet. She puts the back part on first, with the harness settling over the ponytail holder, and works toward the front.



- 5 The rider tucks the hair and hair net over her forehead neatly in so that neither will show under the brim.

Insect Repellent

Avoid spraying your head with insect repellent before putting on your riding helmet. Chemicals in repellents have proven to be detrimental to the integrity of the helmet safety materials. You should also avoid spraying the exterior surface of your helmet for the same reasons.



- 6 The helmet sits neatly and correctly on the rider's head.

Note: If you change the length of your hair – either by growing it longer or cutting it shorter – it may affect the way your helmet fits. Refer to “How to Measure your Head for a Helmet” for ways to double check proper fit of your helmet.

Related Topics

[How to Measure Your Head for a Helmet](#)

[Helmet Storage and Use](#)

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