



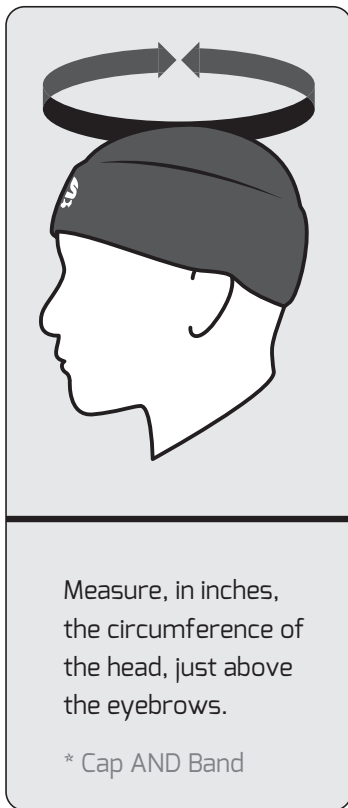
## MEASURING DIRECTIONS

To determine what size of 2nd Skull® you need, print this form, scaled 100% in your printer settings. Cut out the measuring tape into three strips along the dashed lines.

Tape the B end of the AB strip to the B end of the BC strip so that the arrows on each end are pointing towards each other.

Tape the C end of the BC strip to the end of the C strip so that the arrows on each end are pointing towards each other.

Once assembled, complete the following step to determine your 2nd Skull® size.



## WHAT SIZE DO I NEED?

CIRCUMFERENCE	2ND SKULL SIZE CAP	2ND SKULL SIZE BAND
19" - 21"	Youth	ONE SIZE
21" - 24.5"	Teen /Adult	
24.5" - 26"	XL	

Visit us online at [2ND SKULL.COM](http://2ND SKULL.COM)

