

Guide of Sizes for Caps

Our cap collection is available in two sizes (M and L), that are themselves adaptable to different diameters thanks to the adjustable closure.

Size M fits 56, and it is adaptable between 55 and 57.

Size L fits 58, and it is adaptable up to 60.

You can check the sizes in the following table:

	EUROPA-ASIA	UK-USA
M	55	6 ³ / ₄
	56	6 ⁷ / ₈
	57	7
L	58	7 ¹ / ₈
	59	7 ¹ / ₄
	60	7 ³ / ₈



- 1 In order to find out your size, use a measuring tape.
- 2 Measure the diameter of your head, up to about two centimeters above your eyebrows.
- 3 Once you have the diameter, consult the above table.



If you still have a query, kindly contact our Customer Service by writing to customer.service@meandmylife.com
Our team will be at your disposal to clarify anything you need.