

## How To Wear a Beret

The beret should fit so the headband is straight across the forehead and 1 inch above the eyebrow. The excess material shall drape over to the right ear, extending to at least the top of the ear, and no lower than the middle of the ear.

## Two Ways to Find your Beret Size

- 1) Measurement. Wrap measuring tape snugly around the largest part of the head, across the forehead and over temples, parallel to the ground. May substitute measuring tape for string and ruler.
- 2) Selection of try-on size. Use the individual's actual measurement for size prediction of initial try on beret. This is best done using the size of an issued beret or trying berets out at a Clothing & Sales.