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## Choosing the Right Hat

If you lose your hair because of chemotherapy or other cancer treatment, hats can be a comfortable alternative to wigs and scarves. But without your hair, a hat can fit and feel different on your head. Here are a few tips to help you find the right one.

- [Hat liners](#)
- [How to find the right size and fit](#)
- [The best hats for hot and cold weather](#)
- [Consider your personal style](#)
- [Try before you buy \(if you can\)](#)
- [Other ways to style your hat](#)
- [More resources](#)

### Hat liners

As you lose your hair, your scalp might be itchy or sensitive. Scratchy hats can be uncomfortable, so look for ones with soft cotton linings.

**For hats with liners:** Wear the liner with the seams facing out, so they don't touch your scalp.

**For unlined hats (and wigs):** Add a soft cap liner to make the hat more comfortable. This will also absorb sweat and wick it away to keep you cool.

### How to find the right size and fit

Finding the right size is important for comfort and style.

### Measuring your head

To measure your head:

1. Wrap a soft measuring tape around your head, just above your ears and across your forehead.
2. Note the measurement in inches or centimeters.
3. Use a hat size chart to match your head measurement to the best hat size.

### Getting a snug fit

Some hat styles might gap at the sides or lay flat on top of your head. Here are a few tips for getting a good fit.

- If your head is small, consider adding a padded cap liner under your hats. The liner will provide fullness and a snug fit.
- An adhesive hat sizer is another option. This is a band that sticks to the inside of a hat to make it fit tighter. For maximum size reduction, 2 sizers can be added to fit all the way around the inside circumference of the hat.
- You can also look for hats with adjustable straps or stretch bands.
- A deeper cut and a snug fit will prevent gaping at the sides of the hat.

### Styling for your face shape

Different hat styles complement different face shapes.

- **Oval:** Most hat styles will suit you. Try fedoras, beanies, or wide-brimmed hats.
- **Round:** Look for hats with height and angles, such as fedoras or trilbies, to elongate your face.
- **Square:** Soft, rounded hats such as cloches or bowler hats can soften your features.
- **Heart-shaped:** Wide-brimmed hats or hats with a medium brim balance out a wider forehead.

### The best hats for hot and cold weather

Depending on the season, some hat materials work better than others.

- **Summer:** Lightweight materials like cotton, linen, or bamboo to keep you cool.



## More resources

### [Flyer: What to Do for Hair Loss](#)

Learn more about how to manage hair loss during and after cancer treatment.

### [Where to Find Wigs, Scarves, and Hats](#)

The American Cancer Society EverYou™ program features a collection of quality wigs, headwear, and scarves.

### [Choosing a Wig During Cancer Treatment](#)<sup>2</sup>

Get tips on choosing and wearing a wig. Learn about different types of wigs, and how to style and care for yours.

### [Styling Your Scarf, Handkerchief, or Bandana](#)<sup>3</sup>

Learn how to wear and tie a scarf if you have lost or expect to lose your hair due to chemo or other cancer treatment.

## Hyperlinks

1. [www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss/choosing-and-wearing-wig.html](http://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss/choosing-and-wearing-wig.html)
2. [www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss/choosing-and-wearing-wig.html](http://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss/choosing-and-wearing-wig.html)
3. [www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss/how-to-wear-a-scarf.html](http://www.cancer.org/cancer/managing-cancer/side-effects/hair-skin-nails/hair-loss/how-to-wear-a-scarf.html)

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