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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](#)²

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](#)³

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
2. 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

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