

## Best Bike Helmets of 2023

Your bike (whether [normal](#) or [electric](#)) is a great way to get around: commuting to work, exploring a new trail, cruising around town, or prepping for a century tour or bikepacking trip. But whether you're headed for a long or short ride, you shouldn't forget to wear a [bike helmet](#) to protect yourself.

According to [survey data](#) from the group PeopleForBikes, 10 percent of Americans engaged with bikes in a new way during the pandemic, whether riding a bike for the first time in more than a year, or riding their bike in a different way, like for transportation. Of course, cycling injuries have risen along with the number of cyclists on the road, too. No matter where you are [when an accident occurs](#), a bike helmet can [significantly reduce](#) your risk of head or brain injury. Though there are no federal laws requiring bike helmets, 21 states and the District of Columbia have statewide laws requiring kids to wear them, says the [Bicycle Helmet Safety Institute](#).

In [Consumer Reports' tests](#), we strap helmets onto “head forms,” which simulate the size of a human head, and then drop them 14 mph onto a flat anvil to find out how well they withstand impact. An electronic sensor inside the head form monitors the force that would be transmitted to a rider's skull in an accident. To ensure the helmet will stay in place during an accident, we test the strength of the chinstraps, attachment points, and buckles by dropping an 8 <sup>3</sup>/<sub>4</sub>-pound weight 2 feet—so that it yanks on the straps to simulate the force of a possible crash.

Our testers also evaluate the bike helmets for ventilation, fit adjustments, ease of use, and other features. Keep in mind that a well-used bike helmet should be replaced approximately every five years, and sooner if it's damaged. (If you've been in an accident—even if the

helmet doesn't seem impacted—replace it anyway. It's possible [its interior foam has been damaged](#) in a way that you won't detect.)

Below are some of our [picks](#) for adults (separated into road/mountain style and urban/skate style) and kids. Members can access our [full ratings](#) of more than 65 bike helmets for adults and more than 20 bike helmets for kids.

We also note below which of these picks come with Multi-directional Impact Protection System (MIPS), low density layer (LDL), Rotexx, SPIN, or WaveCel, all of which are liners [designed to reduce the risk of a concussion](#). Remember, if you've fallen and hit your head while wearing a helmet, it's [time to get a new one](#).

## Best Bike Helmets for Adults (Road/Mountain)

### [Bontrager Starvos WaveCel](#)



Price



Sold by

[See Offers](#)

[Amazon](#)

[Shop](#)

**CR's take:** The [Bontrager Starvos WaveCel](#) gets top marks for its impact absorption and ease of use, and earns a respectable rating for ventilation. Like its name suggests, it features [WaveCel technology](#), which is meant to reduce the effects of rotational impact. It also comes in five sizes, and has reflective features, so you can still see it in low light. There's a [crash replacement program](#) in case you damage your helmet in an accident within the first year of ownership.

[Bell Formula LED MIPS Ghost](#)



Price



Sold by

[Prime Eligible](#)

[\\$139.95](#)

[Amazon](#)

[Shop](#)

**CR's take:** Bell's [Formula LED MIPS Ghost](#) has excellent ratings for impact absorption, ease of use, and a strong rating for ventilation. Its many adjustment features translate to a satisfying rating for fit adjustment, too. Bell's helmet has an adjustable strap so that it'll fit your head, and it comes in three sizes. Like the Bontrager, the Bell helmet has reflective aspects for greater visibility—plus, it comes with an LED light and a one year warranty.

### [Giro Register MIPS](#)



Price



Sold by

[Prime Eligible](#)

[\\$64.00](#)

[Amazon](#)

[Shop](#)

**CR's take:** The [Giro Register MIPS](#) gets top marks for impact absorption and it includes a multidirectional impact protection system (or MIPS) to reduce the risk of concussion. It also provides excellent ventilation,

which means you'll stay cool during longer rides. It comes in a universal size, though, and not all of its straps are adjustable.

### [Kali Alchemy](#)



Price



Sold by

[In stock](#)

[\\$100.00](#)

[Amazon](#)

[Shop](#)

**CR's take:** This relatively lightweight—and moderately priced—[helmet from Kali](#) aces our tests for impact absorption, and near the top scores for ease of use and ventilation. The Kali helmet also comes with anti-concussive technology known as LDL, or low density layer. There's a dial to make it easier to adjust the fit, tech to limit the effects of rotational impact, and reflective features to improve nighttime visibility. It also comes with a detachable visor.

### [Garneau Majestic](#)



Price



Sold by

[See Offers](#)

[Amazon](#)

[Shop](#)

**CR's take:** [Garneu's Majestic road helmet](#) has excellent scores for impact absorption and ventilation, well as very good scores for ease of use in our tests. The helmet comes in three sizes—and though its strap can be adjusted, we found it somewhat difficult in our tests. The helmet is light, though, and also features reflective aspects for great visibility in low light, as well as ROTEXX to mitigate the effects of rotational impacts. It has a one year warranty.

## Best Bike Helmets for Adults (Skate-Style/Urban)

### [LEM Boulevard](#)



Price



Sold by

[See Offers](#)

[Amazon](#)

[Shop](#)

**CR's take:** The [LEM Boulevard](#) helmet has a top-level rating for impact absorption and ease of use. It's available in three sizes and includes additional padding, a dial, and adjustable retention straps to help you find the right fit. It has surprisingly good ventilation for a skate-style helmet, meaning you'll remain cooler during rides than with others in this category. It comes with a one year warranty, too.

### [Nutcase Vio MIPS](#)



Price



Sold by

[Prime Eligible](#)

[\\$149.99](#)

[Amazon](#)

[Shop](#)

**CR's take:** The [Nutcase Vio MIPS](#) helmet earns the highest ratings for impact absorption and ease of use, and it comes with MIPS technology. It's on the heavier side, though it has very good ventilation, which is pretty impressive for a helmet this style. It comes in two sizes and has a convenient magnetic buckle and built-in LED lights.

[Bern Hudson](#)



Price



Sold by

[In stock](#)

[\\$120.00](#)

[Amazon](#)

[Shop](#)

**CR's take:** The [Bern Hudson](#) is a relatively expensive helmet that has hard-to-beat scores for impact absorption, ease of use, and fit adjustment, though it has only a passable ventilation score. It has an easy-to-adjust strap, and comes in three sizes. It comes with MIPS technology and additional padding, in case the fit isn't to your liking. It also comes with a one year warranty.

## Best Bike Helmets for Kids

[Bontrager Tyro](#)



Price



Sold by

[See Offers](#)

[Amazon](#)

[Shop](#)

**CR's take:** This [Bontrager Tyro](#) gets top marks for impact absorption, ventilation, and ease of use. It has an easy-to-adjust strap for its retention system, a pinch prevention system, and a convenient magnetic buckle. It comes with a one year warranty.

[Garneau Nino](#)



Price



Sold by

[See Offers](#)

[Amazon](#)

[Shop](#)

**CR's take:** The [Garneau Nino](#) helmet has top-level impact absorption and ease of use. It has a dial that makes it easy to adjust the helmet's fit, and reflective stickers improve its nighttime visibility. Plus, a bonus for parents: The padding is washable. It's reasonably priced, too.

[Giro Raze](#)



Price



Sold by

[See Offers](#)

[Amazon](#)

[Shop](#)

**CR's take:** The moderately priced Giro Raze helmet gets top marks for ease of use and respectable scores for impact absorption and ventilation. It has an adequate fit adjustment feature to fit a child's head properly—and its retention strap is easy to adjust. The helmet only comes in one size, and it's relatively lightweight. It also has reflective features for greater visibility in low light, and it comes with a one year warranty.

### [POC Pocito Omne SPIN](#)



Price



Sold by

[In stock](#)

[\\$90.00](#)

[Amazon](#)

[Shop](#)

**CR's take:** POC's Pocito Omne SPIN helmet has excellent impact absorption, plus it does a solid job of ventilation and fit adjustments—it's fairly easy to use, too. It comes in two sizes and it's on the lighter side. It includes SPIN (shearing pad inside) technology to mitigate rotational impacts.



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