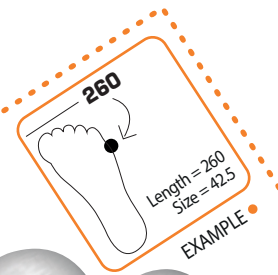


14	50	310
13	49	305
12.5	48	300
12	47	295
11.5	46.5	290
11	46	285
10.5	45	280
10	44.5	275
9.5	44	270
9	43	265
8.5	42.5	260
8	42	255
7.5	41	250
7	40.5	245
6.5	40	240
6	39	235
5	38	230
4.5	37	225
4	36	220
BONT EURO		MM



# MEASURE YOUR FOOT

with our size guide

**MEASURE IN MILLIMETRES**

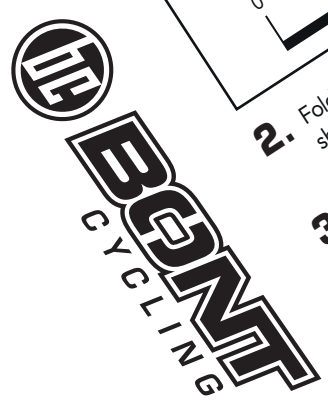
CHECK SIZE CHART FOR WIDTH RECOMMENDATION

1. Check the scale of your size guide.

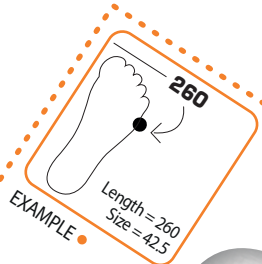
**SCALE CHECK**  
 Print this page at 100%.  
 Do not modify the content in any way.

**CHECK THE SCALE WITH A RULER**

2. Fold the paper at the heel edge so only the black line is showing. Check the entire 3mm black line is visible after folding and place the flat black line edge against a wall.
3. Place your right foot on top of the paper with your heel lightly touching the wall.
4. Plant your foot firmly on the ground and slowly roll your weight forward and onto the forefoot. Allow your foot to lift off the ground slightly. Look down and mark the position of your longest toe and widest point of foot.
5. Check Bont Cycling size and width recommendation.



Fold and against wall



**MEASURE IN MILLIMETRES**  
CHECK SIZE CHART FOR WIDTH RECOMMENDATION

310	50	14
305	49	13
300	48	12.5
295	47	12
290	46.5	11.5
285	46	11
280	45	10.5
275	44.5	10
270	44	9.5
265	43	9
260	42.5	8.5
255	42	8
250	41	7.5
245	40.5	7
240	40	6.5
235	39	6
230	38	5
225	37	4.5
220	36	4
MM	EURO	BONT

# MEASURE YOUR FOOT

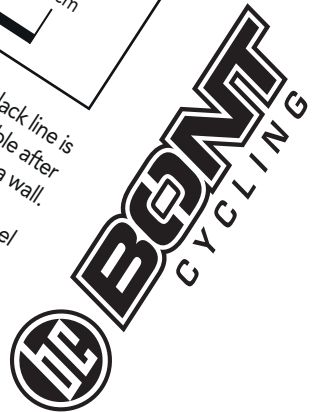
with our size guide

1. Check the scale of your size guide.

**SCALE CHECK**  
*Print this page at 100%.  
Do not modify the content in any way.*

**CHECK THE SCALE WITH A RULER**

2. Fold the paper at the heel edge so only the black line is showing. Check the entire 3mm black line is visible after folding and place the flat black line edge against a wall.
3. Place your left foot on top of the paper with your heel lightly touching the wall.
4. Plant your foot firmly on the ground and slowly roll your weight forward and onto the forefoot. Allow your foot to lift off the ground slightly. Look down and mark the position of your longest toe and widest point of foot.
5. Check Bont Cycling size and width recommendation.



Fold and against wall

**Vaypor 5 / Helix / Zero+ / Vaypor+ Kangaroo / Vaypor 6 / Crono MK2**

Bont Cycling EU	36	37	38	39	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5	47	48	49	50
Bont Cycling USA	4	4.5	5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
Last Length	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315
Foot Length Range	216-220	221-225	226-230	231-235	236-240	241-245	246-250	251-255	256-260	261-265	266-270	271-275	276-280	281-285	286-290	291-295	296-300	301-305	306-310
Narrow Range	81-83	82-84	83-86	84-87	86-88	87-90	88-91	90-92	91-93	92-95	93-96	95-97	96-99	97-100	99-101	100-103	101-104	103-105	104-106
Standard Range	84-93	85-94	87-95	88-97	89-98	91-100	92-102	93-103	94-105	96-106	97-107	98-108	100-110	101-111	102-113	104-114	105-116	106-117	107-119
Wide Range	94-97	95-98	96-100	98-101	99-103	101-104	103-106	104-107	106-109	107-110	108-112	109-113	111-115	112-116	113-118	115-119	117-121	118-122	120-124
Double Wide Range	98-102	99-103	101-105	102-106	104-108	105-110	107-111	108-113	110-115	111-116	113-118	114-119	116-121	117-122	119-124	120-125	122-127	123-129	125-130

**Vaypor T**

Bont Cycling EU	36	37	38	39	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5	47	48	49	50
Bont Cycling USA	3.5	4.5	5	6	6.5	7	7.5	8	8.5	9	10	10.5	10.75	11	11.5	12	12.5	13	14
Last Length	223	232	238	245	250	254	259	263	268	272	277	281	285	290	294	299	305	312	317
Foot Length Range	210-218	219-227	228-233	234-240	241-245	246-249	250-254	255-258	259-263	264-267	268-272	273-276	277-280	281-285	286-289	290-294	295-300	301-307	308-312
Narrow Range	76-80	78-82	80-84	82-86	83-87	85-89	86-90	87-91	89-93	90-94	91-95	93-97	94-98	95-99	96-100	97-101	99-103	101-105	102-106
Standard Range	81-90	83-92	85-94	87-97	88-98	90-100	91-101	92-102	94-104	95-105	96-107	98-109	99-110	100-111	101-112	102-113	104-115	106-117	107-118
Wide Range	91-95	93-97	95-99	98-102	99-103	101-105	102-106	103-107	105-109	106-110	108-112	110-114	111-115	112-116	113-117	114-118	116-120	118-122	119-123
Double Wide Range	96-100	98-102	100-104	103-107	104-108	106-110	107-111	108-112	110-114	111-115	113-117	115-119	116-120	117-121	118-122	119-123	121-125	123-127	124-128

**Riot+ / Riot TR+ / Riot MTB+ / Riot Buckle**

Bont Cycling EU	36	37	38	39	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5	47	48	49	50
Bont Cycling USA	4	4.5	5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
Last Length	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315
Foot Length Range	216-220	221-225	226-230	231-235	236-240	241-245	246-250	251-255	256-260	261-265	266-270	271-275	276-280	281-285	286-290	291-295	296-300	301-305	306-310
Standard Range	84-95	85-96	87-98	88-99	89-101	91-102	92-104	93-105	94-107	96-108	97-110	98-111	100-113	101-114	102-115	104-117	105-118	106-120	107-121
Wide Range	96-97	97-98	99-100	100-101	102-103	103-104	105-106	106-107	108-109	109-110	111-112	112-113	114-115	115-116	116-118	118-119	119-121	121-122	122-124

**Motion**

Bont Cycling EU	36	37	38	39	40	40.5	41	42	42.5	43	44	44.5	45	46	46.5	47	48	49	50
Bont Cycling USA	4	4.5	5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
Last Length	225	230	235	240	245	250	255	260	265	270	275	280	285	290	295	300	305	310	315
Foot Length Range	216-220	221-225	226-230	231-235	236-240	241-245	246-250	251-255	256-260	261-265	266-270	271-275	276-280	281-285	286-290	291-295	296-300	301-305	306-310
Width Range	84-97	85-98	87-100	88-101	89-103	91-104	92-106	93-107	94-109	96-110	97-112	98-113	100-115	101-116	102-118	104-119	105-121	106-122	107-124