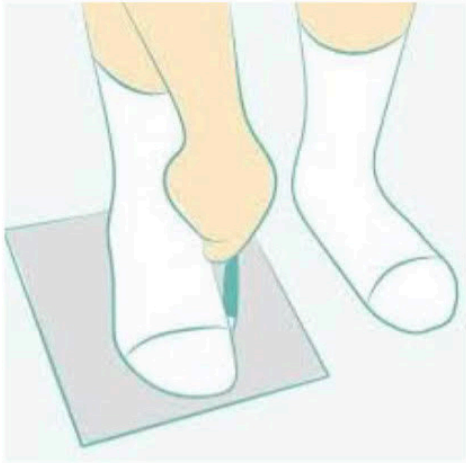


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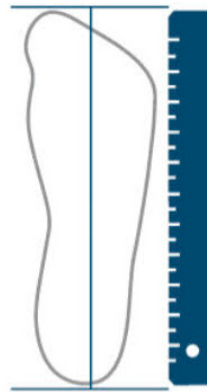
FRIENDLY SHOES SIZE GUIDE

HOW TO MEASURE YOUR FOOT SIZE FOR A FRIENDLY FIT



STEP 1

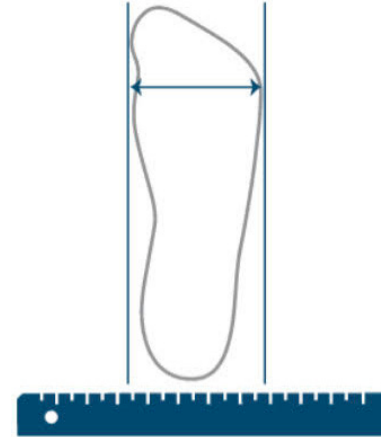
Place paper on a flat surface and your foot on the paper standing up. Use a pencil to trace an outline around your foot, keeping the pencil as straight as possible. Ask for assistance if needed.



STEP 2

Measure and note down the length of your outline in centimetres between the longest toe and back heel.

Use this measurement to choose your size.



STEP 3

Measure the width in centimetres between the widest points of your foot (see arrow).

Use this to choose medium or wide fit.



STEP 4

Measure your circumference in centimeters around the widest part of your foot using a measuring tape.

Use this to choose medium or wide fit. Insoles may be removed for more room.

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FRIENDLY SHOES SIZE GUIDE - WOMENS LENGTH

FLEX AND MARLO SIZE 5-10

LENGTH	WOMENS FLEX MEDIUM (B WIDTH)	WOMENS FLEX WIDE (C WIDTH)	WOMENS MARLO MEDIUM (B WIDTH)	WOMENS MARLO WIDE (C WIDTH)
SIZE 5	21 - 21.4 CM	21 - 21.4 CM	21 - 21.4 CM	21 - 21.4 CM
SIZE 5.5	21.5 - 21.9 CM	21.5 - 21.9 CM	21.5 - 21.9 CM	21.5 - 21.9 CM
SIZE 6	22 - 22.4 CM	22 - 22.4 CM	22 - 22.4 CM	22 - 22.4 CM
SIZE 6.5	22.5 - 22.9 CM	22.5 - 22.9 CM	22.5 - 22.9 CM	22.5 - 22.9 CM
SIZE 7	23 - 23.4 CM	23 - 23.4 CM	23 - 23.4 CM	23 - 23.4 CM
SIZE 7.5	23 - 23.9 CM	23 - 23.9 CM	23 - 23.9 CM	23 - 23.9 CM
SIZE 8	24 - 24.4 CM	24 - 24.4 CM	24 - 24.4 CM	24 - 24.4 CM
SIZE 8.5	24.5 - 24.9 CM	24.5 - 24.9 CM	24.5 - 24.9 CM	24.5 - 24.9 CM
SIZE 9	25 - 25.4 CM	25 - 25.4 CM	25 - 25.4 CM	25 - 25.4 CM
SIZE 9.5	25.5 - 25.9 CM	25.5 - 25.9 CM	25.5 - 25.9 CM	25.5 - 25.9 CM
SIZE 10	26 - 26.4 CM	26 - 26.4 CM	26 - 26.4 CM	26 - 26.4 CM

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FRIENDLY SHOES SIZE GUIDE - WOMENS WIDTH & CIRCUMFERENCE

FLEX AND MARLO SIZE 5-10

LENGTH	WOMENS FLEX MEDIUM (B WIDTH)	WOMENS FLEX WIDE (C WIDTH)	WOMENS MARLO MEDIUM (B WIDTH)	WOMENS MARLO WIDE (C WIDTH)
SIZE 5	7.8 - 9.3 CM	9.1 - 9.8 CM	7.8 - 9.3 CM	9.1 - 9.8 CM
SIZE 5.5	7.8 - 9.3 CM	9.1 - 9.8 CM	7.8 - 9.3 CM	9.1 - 9.8 CM
SIZE 6	7.9 - 9.4 CM	9.2 - 9.9 CM	7.9 - 9.4 CM	9.2 - 9.9 CM
SIZE 6.5	8 - 9.5 CM	9.3 - 10 CM	8 - 9.5 CM	9.3 - 10 CM
SIZE 7	8 - 9.5 CM	9.3 - 10 CM	8 - 9.5 CM	9.3 - 10 CM
SIZE 7.5	8.1 - 9.6 CM	9.4 - 10.1 CM	8.1 - 9.6 CM	9.4 - 10.1 CM
SIZE 8	8.1 - 9.6 CM	9.4 - 10.1 CM	8.1 - 9.6 CM	9.4 - 10.1 CM
SIZE 8.5	8.3 - 9.8 CM	9.6 - 10.3 CM	8.3 - 9.8 CM	9.6 - 10.3 CM
SIZE 9	8.3 - 9.8 CM	9.6 - 10.3 CM	8.3 - 9.8 CM	9.6 - 10.3 CM
SIZE 9.5	8.7 - 10 CM	9.7 - 10.4 CM	8.7 - 10 CM	9.7 - 10.4 CM
SIZE 10	8.7 - 10 CM	9.7 - 10.4 CM	8.7 - 10 CM	9.7 - 10.4 CM

LENGTH	WOMEN'S FLEX MEDIUM (B WIDTH)	WOMEN'S FLEX WIDE (C WIDTH)	WOMEN'S MARLO MEDIUM (B WIDTH)	WOMEN'S MARLO WIDE (C WIDTH)
FORE FOOT MAX CIRCUMFRENCE WITH INSOLE	23 CM	24 CM	23 CM	24 CM
FORE FOOT MAX CIRCUMFRENCE WITHOUT INSOLE	24 CM	25 CM	24 CM	25 CM

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FRIENDLY SHOES SIZE GUIDE - MENS LENGTH, WIDTH & CIRCUMFERENCE

FLEX 8-10

LENGTH	MENS FLEX MEDIUM (D WIDTH)	MENS FLEX WIDE (E WIDTH)	MENS FLEX MEDIUM (D WIDTH)	MENS FLEX WIDE (E WIDTH)
SIZE 8	25 - 25.4 CM	25 - 25.4 CM	8.5 - 10 CM	10.1 - 11.3 CM
SIZE 8.5	25.5 - 25.9 CM	25.5 - 25.9 CM	8.5 - 10 CM	10.1 - 11.3 CM
SIZE 9	26 - 26.4 CM	26 - 26.4 CM	8.7 - 10.2 CM	10.3 - 11.5 CM
SIZE 9.5	26.5 - 26.9 CM	26.5 - 26.9 CM	8.7 - 10.2 CM	10.3 - 11.5 CM
SIZE 10	27 - 27.4 CM	27 - 27.4 CM	9.1 - 10.6 CM	10.7 - 11.9 CM
SIZE 10.5	27.5 - 28.5 CM	27.5 - 28.5 CM	9.1 - 10.6 CM	10.7 - 11.9 CM
SIZE 11	28 - 28.5 CM	28 - 28.5 CM	9.5 - 11 CM	11.1 - 12.3 CM
SIZE 11.5	28.6 - 29 CM	28.6 - 29 CM	9.5 - 11 CM	11.1 - 12.3 CM
SIZE 12	29 - 29.5 CM	29 - 29.5 CM	9.5 - 11 CM	11.1 - 12.3 CM

LENGTH	MENS FLEX MEDIUM (D WIDTH)	WOMEN'S FLEX WIDE (E WIDTH)
FORE FOOT MAX CIRCUMFERENCE WITH INSOLE	26 CM	27 CM
FORE FOOT MAX CIRCUMFERENCE WITHOUT INSOLE	27 CM	28 CM