

## Measuring Foot Length and Width

- 1) Take a piece of A4 paper, a pencil and a tape measure. Sit on a chair and place your foot on the paper so that it rests naturally (but without your body weight) on the paper.
- 2) To find the length of your feet, trace around the perimeter of each foot as closely as possible without angling the pencil in or out. It is not necessary to draw the outline of each toe; the longest toe is of primary concern. If you know that one foot is bigger than the other, be sure to draw around the bigger foot.
- 3) Using the tape measure, measure the distance from the very bottom of the heel to the top of the longest toe. To be accurate subtract 0.20 to 0.25 inches from the measurement, to account for the diameter of the pencil. Record the measurements of **BOTH FEET** on the paper and use the longest measurement for the shoe size charts.
- 4) To find the width of your feet stay seated and with your feet placed gently on the floor, wrap the tape measure under the foot and around the widest part of your feet. Record the measurement in cm where one end of the tape meets the other. Do not try to tighten the tape measure. Record the measurements of **BOTH FEET** and use the widest measurement for the shoe size charts.
- 5) Taking the longest measurement for your feet find the length in CM from the first column below. Read across to find your shoe size (UK/EUR/US). Once you have confirmed your shoe size in column 2, read across to column 3 and match the width measurement of your widest foot to one of the measurements. If your foot width measurement is less than the data on the charts this means you have a standard or slim foot. If it is more, then you have wider feet.

Please note that the chart below is only a guide and if your feet do not align to the exact measurements below, we advise to choose the next shoe size or foot width up.

1. Measure Foot Length		2. Find Shoe Size			3. Measure Foot Width			
e.g 24cm	⇒	e.g. UK 3.5			⇒	e.g. 22cm = E width		
FOOT LENGTH (CM)		SHOE SIZE				SHOE WIDTH (CM)		
CM		UK	EU	US		E	EE	EEE
22.5		3	36	5		21.6	22.2	22.8
22.75	⇒	3.5	36.5	5.5	⇒	22	22.5	23.1
23.5		4	37	6		22.2	22.8	23.4
24		4.5	37.5	6.5		22.5	23.1	23.7
24.25		5	38	7		22.8	23.4	24.1
24.5		5.5	38.5	7.5		23.1	23.7	24.4
25		6	39	8		23.4	24.1	24.7
25.5		6.5	39.5	8.5		23.7	24.4	25
26		7	40	9		24.1	24.7	25.4
26.5		7.5	40.5	9.5		24.4	25	25.7
26.75		8	41	10		24.7	25.4	26
27		8.5	41.5	10.5		25	25.7	26.3
27.5		9	42	11		25.4	26	26.6
28		9.5	42.5	11.5		25.7	26.3	26.9
28.5		10	43	12		26	26.6	27.2

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