HOW TO PROPERLY MEASURE YOUR FEET

• It is best to measure your feet in the afternoon as feet tend to swell throughout the day.
• If you’ll be wearing socks with your shoes, measure your feet with the socks you typically wear.
• If you won’t be wearing socks with your shoes, measure your bare feet.
• For the most accurate results, stand up straight with your weight equally distributed when measuring your feet (tip: it will help to have someone assisting you).

Step 1
Place a piece of paper on a hard floor with the edge along a wall. Standing with your heel against the wall, draw a line marking the longest part of your foot. It’s best if someone else is able to mark the paper for you, allowing you to stand up straight.

Step 2
Measure the distance from the edge of the piece of paper to the line that you drew to get the length of your foot.