



TENAYA®

Recommended Sizing

Based on US Street Shoe

	 Mastia  Mundaka  Iati	 Oasi LV  Oasi  Tarifa	 Ra Woman  Tanta  Ra  Inti  Masai
COMFORT	-1	-0.5	0
BALANCED	-1.5	-1	-0.5
AGRESSIVE	-2	-1.5	-1

Fit Goals

Use these sizing recommendations and fit descriptions as a starting place to find the right fit for your new Tenaya shoes. These sizes are only a recommended starting point, and every climber will fit their shoes differently depending on their foot structure, preference, and climbing conditions.

Comfort

Comfort prioritizes fitting the shoes without stressing the feet: toes should just touch the front of the shoe, but not curl, to offer performance in edging, jamming, and long routes. Shoes with this kind of fit are most appropriate to wear over long periods of time, or for individuals getting used to the specific demands and fit of climbing shoes.

Balanced

Fit balances comfort without sacrificing performance; toes should touch and curl at the front of the shoe to maintain edging power, but not curl as much as an aggressive shoes. Shoes with this kind of fit are appropriate for climbing multiple pitches/problems.

Aggressive

Shoes are fit for maximum performance; the toes should be noticeably curled in the front of the shoe, bringing maximum power to the point of the toes for edging performance, and the heel cup should fit securely with minimal unfilled space for precision heel hooking. Shoes with this kind of fit are best removed between climbing attempts and used to climb at the upper end of your grade range.