

Birkenstock uses the European sizing system (it is more accurate and is strictly based on size and there are no Men or Women variations)). Please refer to the handy dandy **sizing conversion chart** if you are unfamiliar with your European Sizing. Basically, there are no half sizes so round down or up as a starting point. For Women add a 31 to your regular US shoe size – so a Women's US size 7 becomes 38. For men, add a 33 to your US shoe size – so a Men's US size 10 becomes a size 43 for European sizing

- We provide a **foot sizing print-out you** can literally print out, lay your foot on and see what your size is, and which width should work for you as well. Always pick your bigger foot if you got one of those!
- Consider that your “sandal” size may be different than your “closed footwear” size. For example, you may wear Size 11 sneakers/shoes which when you look at the chart means you are a 44 Men or 42 Ladies, but when you actually put on a pair of Birkenstocks in our store, we find that your size is a US Men's 9 equivalent (size 42 European) or a 40 European for ladies. Think about it, in a sandal your feet are free and not confined. Also, the 2 width options Birkenstocks offers (Regular and Narrow), means you are not overcompensating the shoe size due to a tight shoe which is what happens with many shoes and companies
- When measuring your foot on the print-out, your toes should have a little space in the front to move around. Don't pick a size where your toes are right against the edge because as you walk, they will go over the edge which you do not want. Your toes should stay within the footbed. Give yourself a half an inch or so.
- For Width, some Birk sandals offer both options here, others just come in a Narrow or Regular width. Most people are in a Regular width (especially guys) which is the wider width option. If you know you have narrow feet or by measuring your feet it tells you so, then pick out those options for the best width fit. When a Birkenstock looks too big on even though the size is correct, it usually means you need the narrow for it to look for sleek and less bulky.
- If you already have a pair of Birkenstocks that fit and you see you are a size 38 for example from looking at the number printed in the footbed, great that is your size. For the width, it is shown in the little “footprint” graphic that is stamped onto the footbed to the left of the size. If that footprint is solid/filled in, that is a Narrow Width. If it is not filled, it is Regular/Wide width. Did you know that Birk lovers?
- Some Limited-Edition colorways are only offered in a Narrow Width for ladies or Regular Width for fellas: for Ladies (typically sizes are 36-42 narrow) or a Regular Width for guys (sizes 41-46). If you are a lady and you typically wear a size 38 Regular with Birkenstock but you are looking at a Limited Edition Color style where only the Narrow is offered for example, we suggest you go up a size to a 39 Narrow for a more comfortable fit
- All Birks need to be broken in because of the Cork footbed. This means we suggest to only wear a few hours a day for the first week so they have time to conform to your foot for that custom fit. Any parts of the footbed you “feel” hitting in an odd way when you first put them on will go away with wear. Give it some time – trust us. The sandal may hurt your feet if you wear them 8 hours straight first day, so keep in mind that they do need some time to be broken in to be the most comfortable shoe you have ever worn