

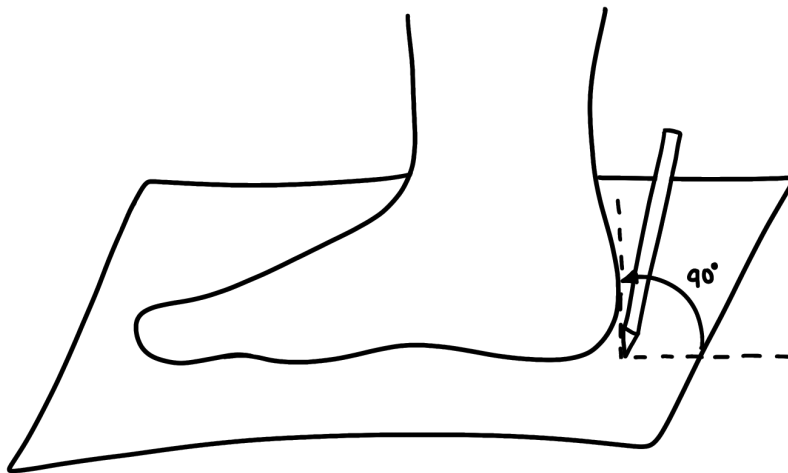
MEASURING YOUR FOOT LENGTH

you will need:

paper (A4 or A3 depending on foot size)
ruler or tape measure
pencil

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Stand (do not sit), with your foot on a piece of paper and trace around your foot. The line should be done with the pencil tip held 90 degrees to the paper, to get the outer edges of your foot.



Then draw horizontal lines at both ends, as shown, and using a ruler - mark the distance between them. This is the foot length.

