

GbYU_Yfg/ '6 cchgf5 Xi `hgk

- fit true to size
- recommended wiggle room in front of your toes: approx. **0.5 - 1.2 cm** (0.2 - 0.5 inches)

Check out our size chart and the two options below to determine your exact size in Feelgrounds:

Size chart

EU SIZE	US SIZE	UK SIZE	INSOLE LENGTH	INSOLE WIDTH*
EU 35	US W5	UK W3	22.8cm	8.7cm
EU 36	US W6	UK W4	23.4cm	8.8cm
EU 37	US W7	UK W4.5	24.1cm	9cm
EU 38	US W7.5	UK W5	24.8cm	9.2cm
EU 39	US W8	UK W6	25.4cm	9.3cm
EU 40	US W9 / M7	UK W7 / M6	26.1cm	9.5cm
EU 41	US W10 / M8	UK W8 / M7	26.8cm	9.7cm
EU 42	US W11 / M9	UK W8.5 / M8	27.4cm	9.9cm
EU 43	US W11.5 / M10	UK W9 / M9	28.1cm	10cm
EU 44	US M11	UK M10	28.8cm	10.2cm
EU 45	US M12	UK M11	29.4cm	10.4cm
EU 46	US M12.5	UK M11.5	30.1cm	10.5cm
EU 47	US M13	UK M12	30.8cm	10.7cm
EU 48	US M14	UK M13	31.4cm	10.9cm
EU 49	US M15	UK M14	32.1cm	11cm

*Due to customer feedback, we have updated our width info. Our size charts now show the insole width. The shoes themselves have not changed. Please note that a foot's total width is slightly wider than a foot's sole because feet curve outwards. In the same way, our toe box is slightly wider than the insole width. Therefore, even if your measured foot width differs from our insole width by a few millimeters, the shoe can still fit perfectly.

Option 1: Measure your feet



You will need: A piece of paper, a pencil, and a ruler.

1. Place the paper on the ground against a wall.
2. Step onto the paper with your heel against the wall.
3. Draw a line where your longest toe ends. Measure the distance from the wall to the tip of your longest toe. Repeat with your other foot. You now have the length of your feet.
4. Add wiggle room to the foot length. Compare with the insole length measurements in the size chart above: **foot length + 0.5 cm to 1.2 cm (0.2 to 0.5 inches) = inner length of the perfect shoe size**. When in doubt, choose the bigger size.

Option 2: Print our Size Guide PDF



Print at 100%. No margins.

You will find step-by-step instructions on the printout, as well as in this [video](#).

[Download \(US letter format\)](#)

[Download \(A4 format\)](#)

Need help?

If you need help with finding the right size, feel free to [contact us](#). Please attach pictures of your feet on our Size Guide PDF or send us your measurements. We are happy to assist!