## Sizing Guide

1. Print to Actual size / 100 民@\&\%alecale Paper size: A4 ( $210 \times 297 \mathrm{~mm}$ )
2. Check the printed scale against the scale confirmation line below with a ruler.
3. Lay the paper on a flat surface and stand with your heel on the bottom line.
4. Mark the line above the longest toe.
5. Choose your size.
! Between sizes? Customers prefer to size up. In doubts? Leave us a message via e-mail or social media.


| EU | US |  | Foot Length |  |
| :---: | :---: | :---: | :---: | :---: |
|  | Women | Men | cm | inch |
| $36-37$ | $5.5-6.5$ | $4.5-5.5$ | $22.5-24$ | $87 / 8-91 / 2$ |
| $38-39$ | $7-8$ | $6-7$ | $24-25.5$ | $91 / 2-10$ |
| $40-42$ | $8.5-10.5$ | $7.5-9.5$ | $25.5-27$ | $10-105 / 8$ |
| $43-44$ | $11-12$ | $10-11$ | $27-28$ | $105 / 8-11$ |
| $45-46$ | $12.5-13.5$ | $11.5-12.5$ | $28-29.5$ | $11-11 \frac{2}{3}$ |
| $47-49$ | $14-15.5$ | $13-14.5$ | $29.5-31$ | $112 / 3-121 / 5$ |

