

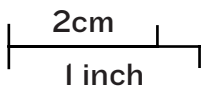
MEN'S UK SIZING

MEN'S EU SIZING

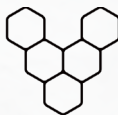
6 7 8 9 10 11 11.5 12 13 14
40 41 42 43 44 45 46 47 48 49

32.2 31.5 30.9 30.2 29.5 28.9 28.2 27.6 26.9 26.2 CM

**CHECK YOUR
A4 PRINT SIZE**



PLACE TOES



VIVOBAREFOOT

MEASURE YOUR BAREFOOT

MEN

SIZING

1. Print the guide to 100% and check the 2cm or 1 inch measuring line with a ruler to make sure it is printed to scale
2. Place your heel on the mark and check your heel alignment with a ruler
3. Mark the position of your longest toe on the chart it might be your big toe or second toe
4. Repeat steps 2 and 3 with your other foot
5. Allow between 6-14mm additional toe space from the end of your longest toe for optimal natural foot movement - wider feet may prefer more than 14mm space and narrower feet may prefer just less than 6mm



FIND OUT MORE

PLACE HEEL