

3 3.5 4 5 6 7 8 8.5 9  
35 36 37 38 39 40 41 42 43

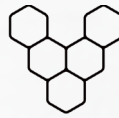
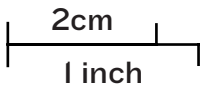
**WOMEN'S UK SIZING**

**WOMEN'S EU SIZING**

PLACE TOES

CM  
28.2 / 27.5 / 26.9 / 26.1 / 25.5 / 24.9 / 24.2 / 23.5 / 22.8

**CHECK YOUR  
A4 PRINT SIZE**



**VIVOBAREFOOT**

**MEASURE YOUR BAREFOOT**

**WOMEN**

**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