## MEASURE MY FOOT

Finding the right size with the optimal wiggle room is important;

- To ensure full movement of feet and toes
- To not compromise natural walking patterns
- To have sufficient room for growth
- To give the right support and protection

Follow these simple 1-2-3 (and 4) steps:

- **1. Print** the 'Measure my foot' chart. Print size must be 100% and 'none' or 'none scaling', to print with correct measurements.
- 2. Place the foot on the measurement chart, with the heel correctly placed according to the line. No part of the foot/heel should be behind the line.
- **3. Mark** at the tip of the toe. Repeat with the other foot. Use measurement on the chart, according to the longest foot.
- **4. Insert** your size in mm or inches with 3 digits into the size helper on the product page. Select the recommended and optimal size.

**Important:** Always use and input the measurement ON ALL STYLES as inner measurements vary from style to style.



