

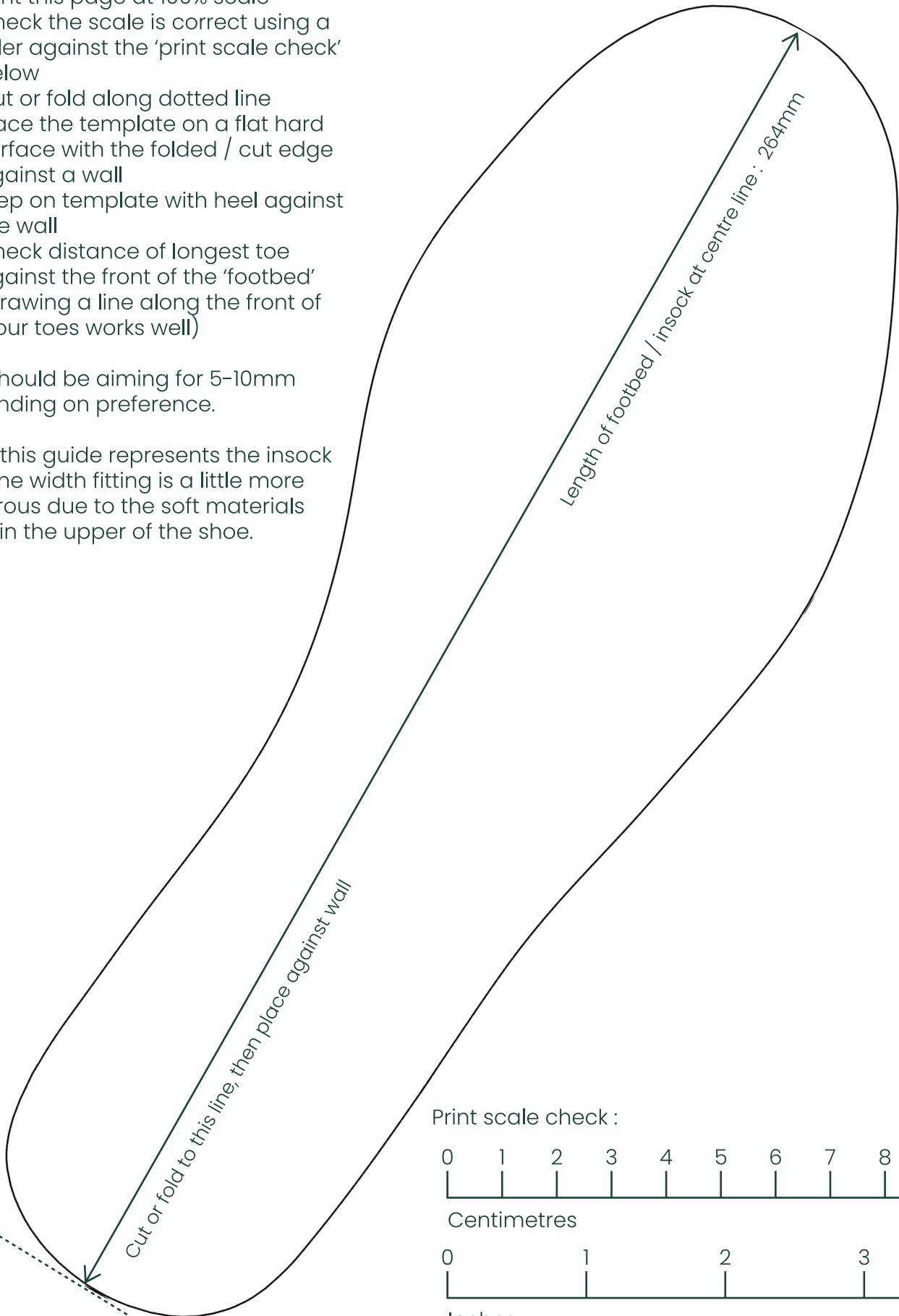
	UK	US	EU	AUS
M	7	8	41	7
W	7	9	41	9

Directions :

1. Print this page at 100% scale
2. Check the scale is correct using a ruler against the 'print scale check' below
3. Cut or fold along dotted line
4. Place the template on a flat hard surface with the folded / cut edge against a wall
5. Step on template with heel against the wall
6. Check distance of longest toe against the front of the 'footbed' (drawing a line along the front of your toes works well)

You should be aiming for 5-10mm depending on preference.

Note, this guide represents the insock and the width fitting is a little more generous due to the soft materials used in the upper of the shoe.



Print scale check :



Centimetres



Inches