Although a little more generous than our older styles, in general people still go one EU size larger than their 'average' shoe size.

The length and width of the insole of this shoe is as below. Remember the shoe has good volume in the forefoot so the actual comfortable width of this shoe will be a few mm greater than this 'flat' measurement. Fit is personal, but most people will prefer to have at least 4 or 5 mm spare room in front of your largest toe(s). USA sizing is below the European:

Europe/Rest of World Sizing (metric mms):

Size $37 / 233 \mathrm{~mm}$ length, 92 mm width, Size $38 / 240 \mathrm{~mm}$ length, 94 mm width, Size $39 / 246 \mathrm{~mm}$ length, 96 mm width, Size $40 / 252 \mathrm{~mm}$ length, 99 mm width, Size $41 / 258 \mathrm{~mm}$ length, 101 mm width, Size $42 / 264 \mathrm{~mm}$ length, 103 mm width, Size $43 / 271 \mathrm{~mm}$ length, 105 mm width, Size $44 / 278 \mathrm{~mm}$ length, 107 mm width, Size $45 / 285 \mathrm{~mm}$ length, 109 mm width, Size $46 / 291 \mathrm{~mm}$ length, 110 mm width, Size $47 / 300 \mathrm{~mm}$ length, 112 mm width, Size $48 / 307 \mathrm{~mm}$ length, 114 mm width Length and width measurements taken as follows (don't include the collar at the heel):


Size 37 (USA w6.5)/9 1/4 inch length, 3 5/8 inches width, Size 38(USA w7)/9 1/2 inch length, 3 3/4 inch width, Size 39 (USA w8)/9 3/4 inch length, $96 \mathrm{~mm} 33 / 4$ inch width, Size 40 (USA w8.5)/10 inch length, $37 / 8$ inch width, Size 41 (USA w9.5)/10 1/4 inch length, $37 / 8$ inch width, Size 42 (USA mUSA 8.5)/10 3/8 inch length, 4 inch width, Size 43 (USA m9.5)/10 5/8 inch length, 4 inch width, Size 44 (USA m10.5)/10 $7 / 8$ length, 4 inch width, Size 45 (USA m11.5)/11 $1 / 8$ inch length, $41 / 8$ inch width, Size 46 (USA m12)/11 1/2 inch length, $41 / 8$ inch width, Size 47 (USA m13)/11 7/8 inch length, 4 1/4 inch width, Size 48 (USA m14)/12 1/8 inch length, 4 $1 / 2$ inch width
Length and width measurements taken as follows (don't include the collar at the heel):


