



Shoe Fitting Guide

You will need:

- A piece of paper
- A wall
- A pencil or pen
- A fabric tape measure

STEP ONE

Measure the length of your foot. When measuring you might find it easier to do this with a friend.

In order to measure the length of your foot, place the paper on a level floor against the wall. If you will be wearing the footwear with socks or pantyhose have these on your feet as well, making sure your toes are straight and have wiggle room within the socks or pantyhose.

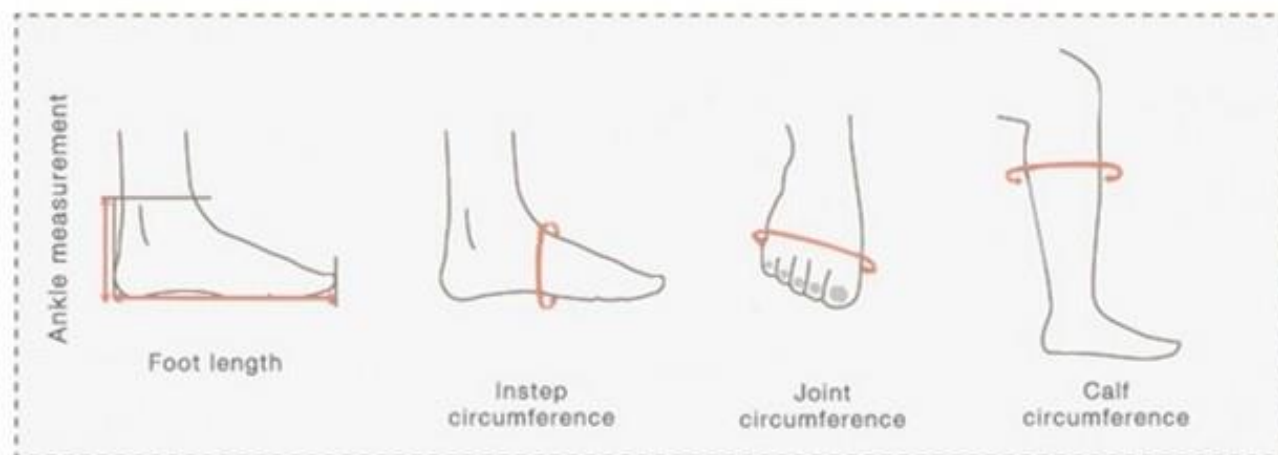
While standing, place your foot on the paper with the heel against the wall. Mark your longest toe on the paper and then measure the length from the wall to this mark. (Please be aware that your longest toe may not always be your big toe.)

Remember to do this with both feet as most people have one foot longer than the other and this is the foot that footwear size should be selected on.

STEP TWO

Measure your Foot Joint Circumference. The joint is the ball of the foot and is usually the widest part of the foot.

The easiest way to get the width measurement of your foot is get the tape measure and stand on it with it sitting under the widest part of the ball of your foot. Bring one end past the big toe and the other one past the ball joint and bring the ends together. Do this with both feet.



Once you have all your measurements use the chart below to work out your size. Remember that shoe size is only a guide and there is some variation between footwear brands. If you are not sure our friendly fitting team are always happy to help.

SIZE CHARTS

Women's Footwear Conversion & Measurement Chart															
NZ/US	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	12	13
EU	36	36	37	37	38	38	39	39	40	40	41	41	42	43	44
UK	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
Length mm	217	221	225	229	233	238	242	246	250	255	259	263	267	276	284
Width WD mm	217	221	224	227	230	233	237	240	243	246	249	252	256	262	268
Width 2E mm	227	230	233	237	240	243	246	249	252	256	259	262	265	271	277
Width 4E mm	237	240	243	246	249	252	256	259	262	265	268	271	275	281	287

Men's Footwear Conversion & Measurement Chart															
NZ/US	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13	14	15	
EU	40	40	41	41	42	42	43	44	44	45	45	46	47	48	
UK	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	12	13	14	
Length mm	240	246	250	255	259	263	267	271	276	279	284	293	302	310	
Width 3E mm	248	251	254	257	260	264	266	270	273	276	279	286	292	298	
Width 5E mm	257	260	264	267	270	273	276	279	283	286	289	295	302	308	