



Sizing Template

## Directions:

1. **FIRST!** Check the scale below against an actual ruler.
2. Place this on a flat hard surface.
3. Step on the sizing template with your foot centered on the shape.
4. **Determine your size.**  
You don't want a lot of room in front of your toes or behind your heel.



### Sizing:

- *Snug fit*: allows you to wear your laces looser
- *Loose fit*: requires you to wear your laces tighter
- \* Sizing template indicates the tabi insole shape

Print at 100% scale. If this scale doesn't match your ruler re-print this template and be sure to set your computer's printing setup to 100% or 'actual size'. Be sure 'scale to fit' is not selected.

For expert help, take a couple photos of your foot on this template at similar angles as the diagram and email us at:

[hello@earthrunners.com](mailto:hello@earthrunners.com)

