## Tips to measure your feet

## Instructions A. Print and measure (no printer? Go to instructions B)

Take these printed instructions, making sure the print scale is $100 \%$. You can check that the proportions are correct by superimposing a credit card on the template we have drawn on the next page.

## Step 1

Wear a pair of socks that you usually use.


## Step 2

Fold the sheet and place it on a flat surface.


## Step 3

Place your foot on the template, with your heel right on the dotted line.


## Step 4

Mark the size of your foot on the sheet.


* Measure both feet: you might get two different values, so consider the larger size. Relax your foot: you will get a more accurate measurement.

Size guide instructions

## Place your card or license here!

Try it! Here is where you can do the proportion test: if the borders of your credit card or licence match, it means that you have printed correctly.

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## Instructions B.

Take a pencil, ruler and a blank sheet of paper. Then follow these simple instructions:

## Step 1

Wear a pair of socks that you usually use.


## Step 2

Place the sheet on the floor or on a flat surface. Better if against the wall.


## Step 4

Mark the length of your foot on the sheet.


Step 5
Remove your foot and measure the length from the heel to the toe mark.


* Measure both feet: you might get two different values, so consider the larger size. Relax your foot: you will get a more accurate measurement.

