## HOW TO MEASURE YOUR FOOT

SIZING: We recommend taking $1 / 2$ size more than your usual size.

1. Trace your foot on paper while standing.
2. Measure from toe to heel.
3. Take your actual foot measurement and add 10 mm . That's your size.

Example: If your actual foot meausres 26.1 cm , we recommend you select a W10.5 / M9
Women's

| US | 6 | 6.5 | 7 | 7.5 | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK | 3.5 | 4 | 4.5 | 5 | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 | 8.5 |
| EUR | 36 | 362/3 | $371 / 3$ | 38 | 382/3 | 391/3 | 40 | 402/3 | 411/3 | 42 | 422/3 |
| Heel to Toe (cm) | 23 | 23.5 | 24 | 24.4 | 24.9 | 25.2 | 25.6 | 26.2 | 26.6 | 27.1 | 27.5 |
| Your Foot Length (cm) | 22 | 22.5 | 23.2 | 23.8 | 24.2 | 24.4 | 24.9 | 25.2 | 25.7 | 26.2 | 26.6 |

Men's

| US | 7 | 7.5 | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| UK | 6 | 6.5 | 7 | 7.5 | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 |
| EUR | $391 / 3$ | 40 | 402/3 | 411/3 | 42 | 42\%3 | $43^{1 / 3}$ | 44 | 442/3 | $45^{1 / 3}$ | 46 | 462/3 | 47 |
| Heel to Toe (cm) | 25.2 | 25.6 | 26.2 | 26.6 | 27.1 | 27.5 | 27.9 | 28.3 | 28.7 | 29.1 | 29.5 | 30 | 30.5 |
| Your Foot Length (cm) | 24.4 | 24.9 | 25.2 | 25.7 | 26.2 | 26.6 | 27 | 27.4 | 27.8 | 28.2 | 28.6 | 29.1 | 29.6 |

## HOW TO MEASURE YOUR FOOT

## IMPORTANT: Document must be printed at 100\% scale to display correct measurements.

1. Print this document.
2. Fold the pages along the dotted line.
3. Align and connect the the top and bottom of the foot.
4. Measure your foot!

| US | UK | EUR | Heel to Toe | Your Foot |
| :---: | :---: | :---: | :---: | :---: |
| M 13 | M 12 | M 47 | M 30.5 | M 29.6 |
| M 12.5 | M 11.5 | M 462/3 | M 30 | M 29.1 |
| M 12 | M 11 | M 46 | M 29.5 | M 28.6 |
| M 11.5 | M 10.5 | M 451/3 | M 29.1 | M 28.2 |
| M 11 | M 10 | M 442/3 | M 28.7 | M 27.8 |
| M 10.5 | M 9.5 | M 44 | M 28.3 | M 27.4 |
| M 10 | M 9 | M 431/3 | M 27.9 | M 27 |
| M 9.5 / W 11 | M 8.5 / W 8.5 | M 42\%/3 / W 422/3 | M 27.5 / W 27.5 | M 26.6 / W 26.6 |
| M 9 / W 10.5 | M 8 / W 8 | M 42 / 42 | M 27.1 / W 27.1 | M 26.2 / W 26.2 |
| M 8.5 / W 10 | M $7.5 / W 7.5$ | M 411⁄3/ W $4111 / 3$ | M 26.6 / W 26.6 | M 25.7 / W 25.7 |
| M 8 / W 9.5 | M 7 / W 7 | M 402/3 / W 402/3 | M 26.2 / W 26.2 | M 25.2 / W 25.2 |
| M 7.5 / W 9 | M 6.5 / W 6.5 | M 40 / W 40 | M 25.6 / W 25.6 | M 24.9 / W 24.9 |
| M 7 / W 8.5 | M 6 / W 6 | M 391⁄3/ W 391⁄3 | M 25.2 / W 25.2 | M 24.4 / W 24.4 |
| W 8 | W 5.5 | W 382/3 | W 24.9 | W 24.2 |
| W 7.5 | W 5 | W 38 | W 24.4 | W 23.8 |
| W 7 | W 4.5 | W 371/3 | W 24 | W 23.2 |
| W 6.5 | W 4 | W 362/3 | W 23.5 | W 22.5 |
| W 6 | W 3.5 | W 36 | W 23 | W 22 |

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 $100 \%$ scale to display correct measurements.1. Print this document.
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Fold

## Your Heel Here

