

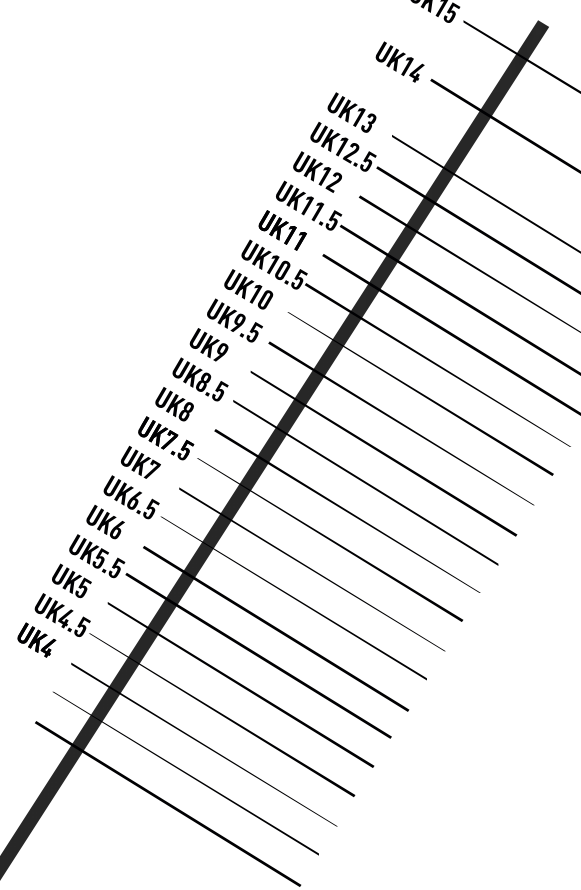
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How to work out your size

Before you Measure:

1. Measure your feet later in the day since feet always swell during the day.
2. Please pull on the socks you would normally wear inside your shoes/boots.
3. Measure both feet. Most people's feet are slightly asymmetrical.
4. Do this on a hard surface or hard covered book if you are on carpet.
5. Measure when standing.

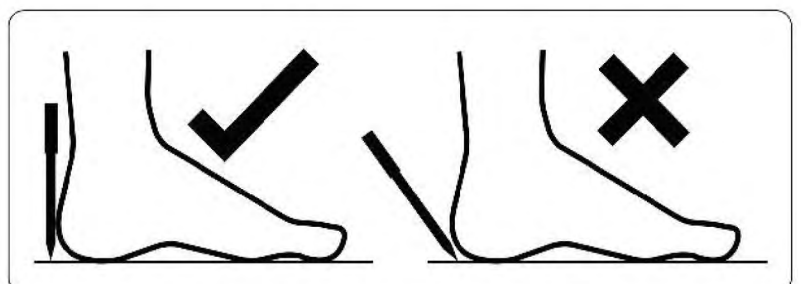


Measuring:

1. Fold the corner of the paper along the base line and place this along a wall.
2. Centre your foot on the long black line and carefully move your foot towards the wall.
3. Mark around your toes
Keep the pen straight, otherwise you will end up with a size that is too small!

LEFT FOOT

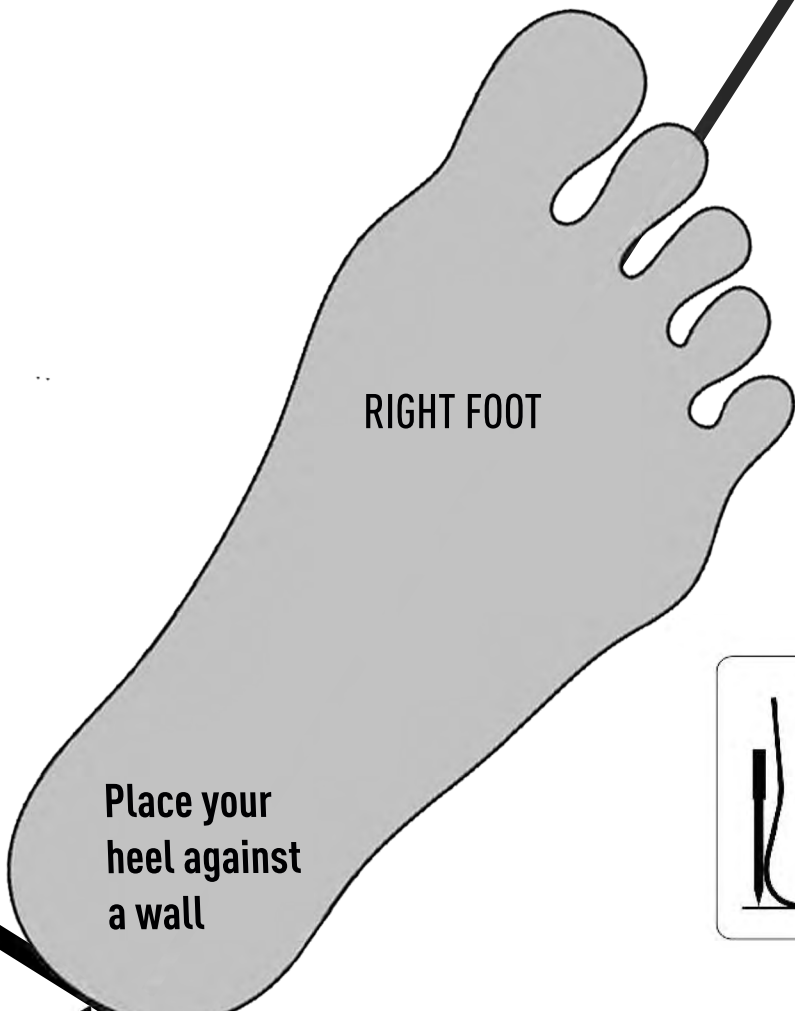
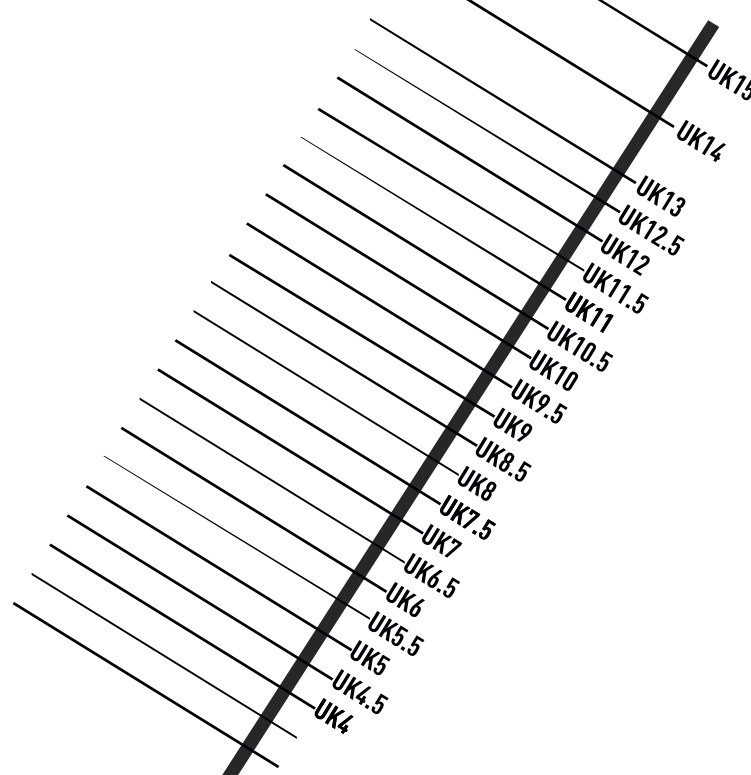
Place your heel against a wall



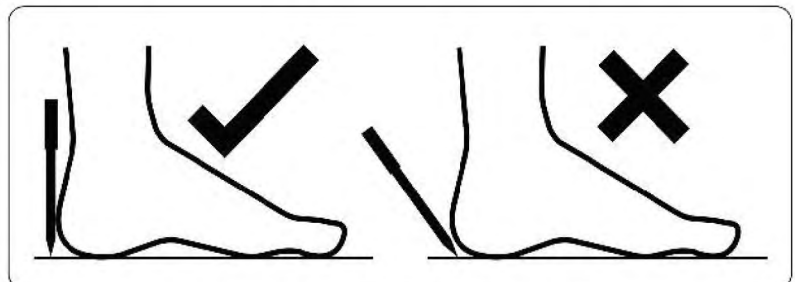
Fold the corner of the paper along this base line and place against a wall.

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ACCURACY CHECK:
To ensure correct printing size, place a credit card here. If it fits, the chart was printed correctly.



Fold the corner of the paper along this base line and place against a wall.