



**PANTA**  
protecting runners since 490 B.C.

**Print this template  
at 100% or 'actual  
size'.**

Check with a credit  
card if you're unsure  
you've printed true  
size.

SIZE  
**42**

SIZE  
**42**



*align heel*

Check your size by  
standing on the  
template and aligning  
your heel with the back.  
Position the hole in the  
fold between your first and  
second toe.



*right size*

You need between half a  
centimeter to a centimeter of  
extra space in front of your  
toes. Try another size template  
when in doubt about the size.



*too big*

Can't find a match? For a small extra  
charge we'll shape a custom pair of  
sandals for you. Just send us a couple  
of photo's of your feet on the nearest size  
template and we'll be in touch!