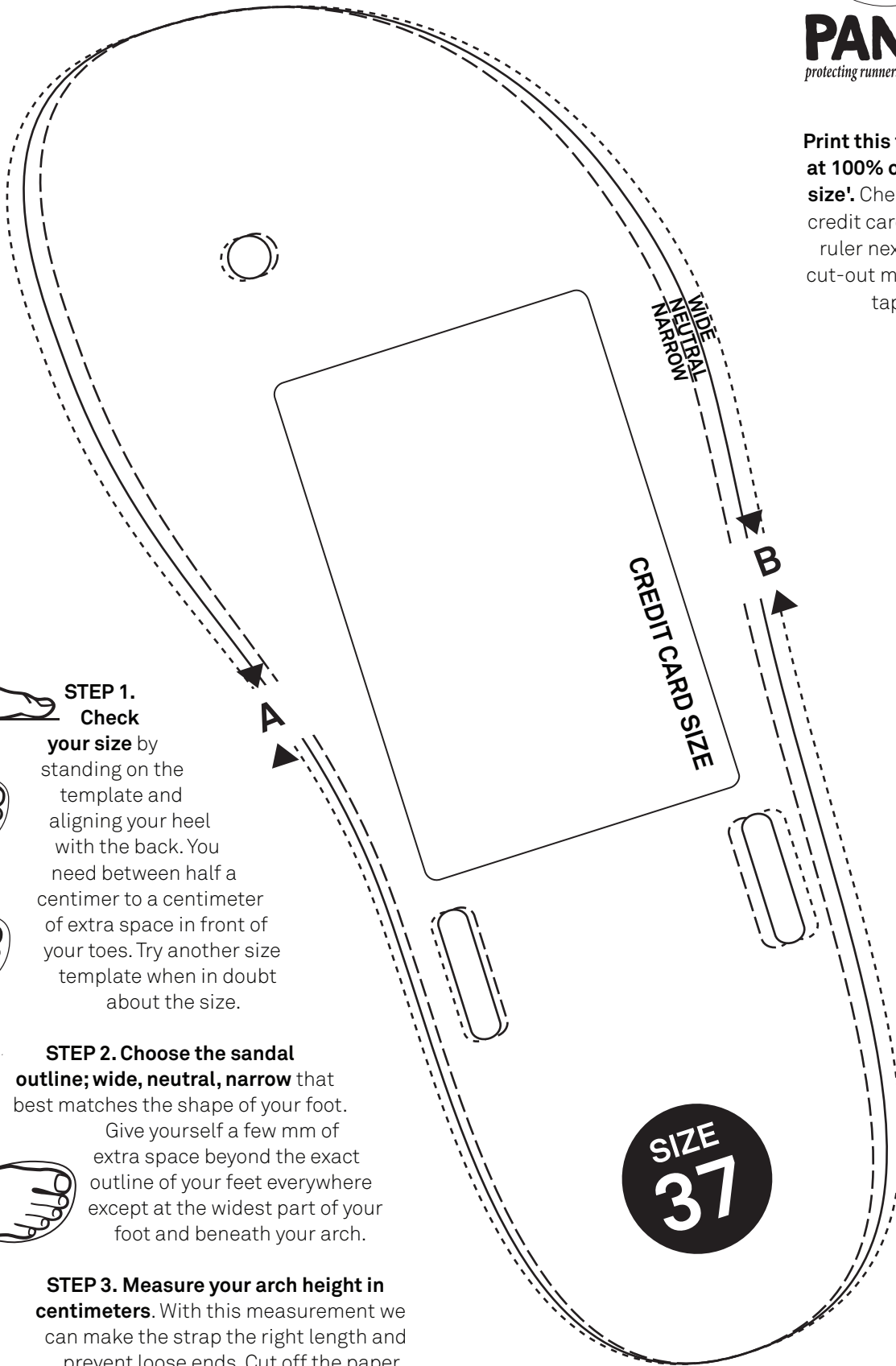
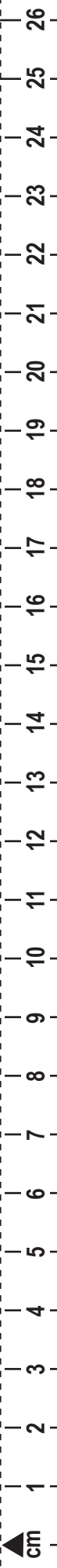




PANTA
protecting runners since 490 B.C.

Print this template at 100% or 'actual size'. Check with a credit card or lay a ruler next to the cut-out measuring tape



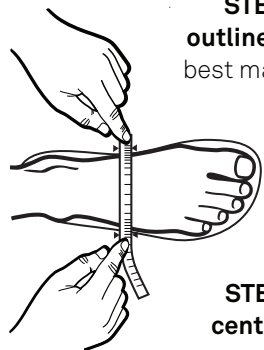
STEP 1. Check your size

by standing on the template and aligning your heel with the back. 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.



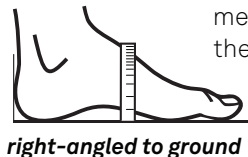
STEP 2. Choose the sandal outline; wide, neutral, narrow that best matches the shape of your foot.

Give yourself a few mm of extra space beyond the exact outline of your feet everywhere except at the widest part of your foot and beneath your arch.



arch height

STEP 3. Measure your arch height in centimeters. With this measurement we can make the strap the right length and prevent loose ends. Cut off the paper measuring tape, step on the template, place the beginning on mark A and measure around your instep to mark B. Keep the tape right-angled to the ground whilst measuring. Round up to the closest number.



right-angled to ground

