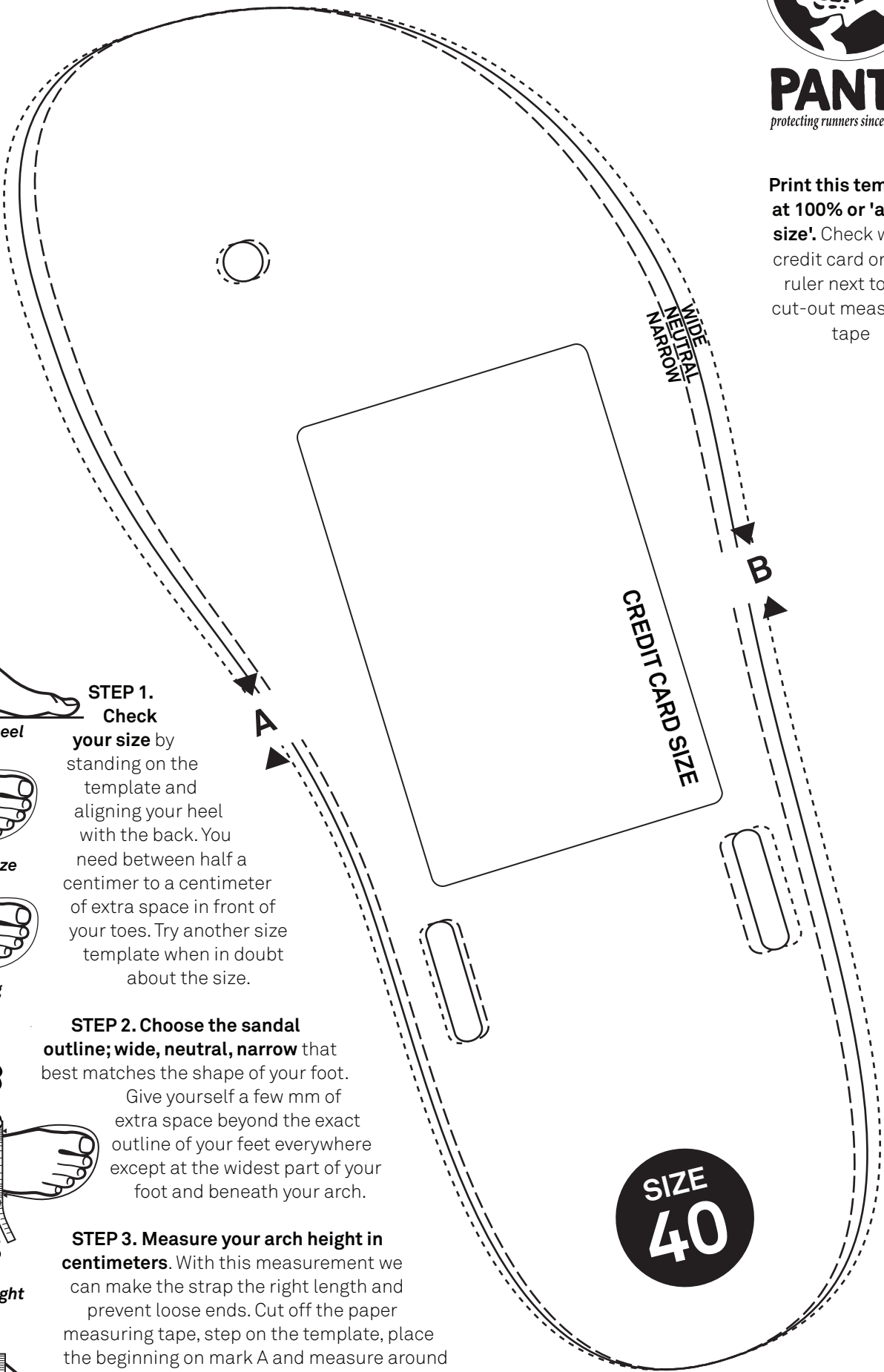
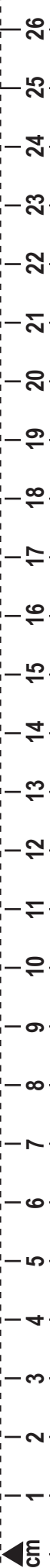




**PANTA**  
protecting runners since 490 B.C.

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



*align heel*

**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.



*right size*



*too big*

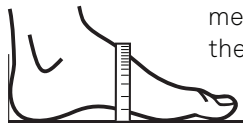
**STEP 2. Choose the sandal outline; wide, neutral, narrow** that best matches the shape of your foot.

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*

