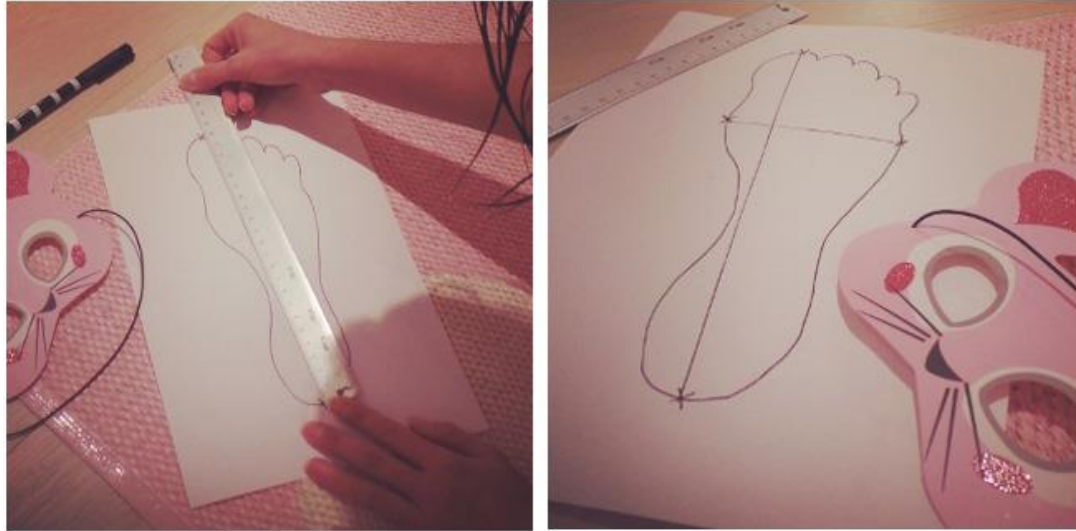


## **Directions for Measuring Feet**

1. We highly recommend doing the measuring process as described below with both left and right foot (one of them can actually be slightly larger than the other!)
2. Place a blank paper sheet (paper size A4 or similar) on the floor (you may tape the paper sheet down on the floor.) Sit on a chair (on the edge) and place your foot on the paper sheet, with your leg slightly bent forward. Make sure you have a pencil/marker available.



3. Draw the outline of your foot carefully all the way around. Draw as close to the foot as possible, but make sure not to draw "under" the foot. Do it over again with the other foot (one foot can be larger than the other!)



4. Now you should take two measurements from your drawings (both feet), using a ruler or a measuring tape. Use your preferred units of measure (inches (US) or cm (EU).)

**Shoe size, length:** Measure the length between the back of the heel and the tip of the longest toe (see illustration.) Please note that you should measure between these exact points.

**Shoe size, width:** Measure the length between the widest points of the foot (see photo above).

5. After having measured both feet, use the largest measurements (largest length measurement and largest width measurement) and determine your shoe size directly from our shoe size charts.