

How to Measure Shoe Size

When it comes to footwear, a poor fit can cramp your style and your focus. An incorrect shoe size can not only have a negative impact on your feet and back; it can also put a damper on your activities. Luckily, finding your foot size is a simple process.

When measuring your shoe size at home, you'll need the following items:

- Two pieces of paper (if necessary) larger than your foot
- Scotch Tape or Other Type Tape.
- Pen/Pencil
- Ruler

Before taking your measurement, **put on the socks you plan on wearing with your shoes**. If you're finding a size for hiking boots, you may want thicker socks than if you're measuring for running shoes. It's also recommended to wait until the end of the day, when your foot is at its widest point.

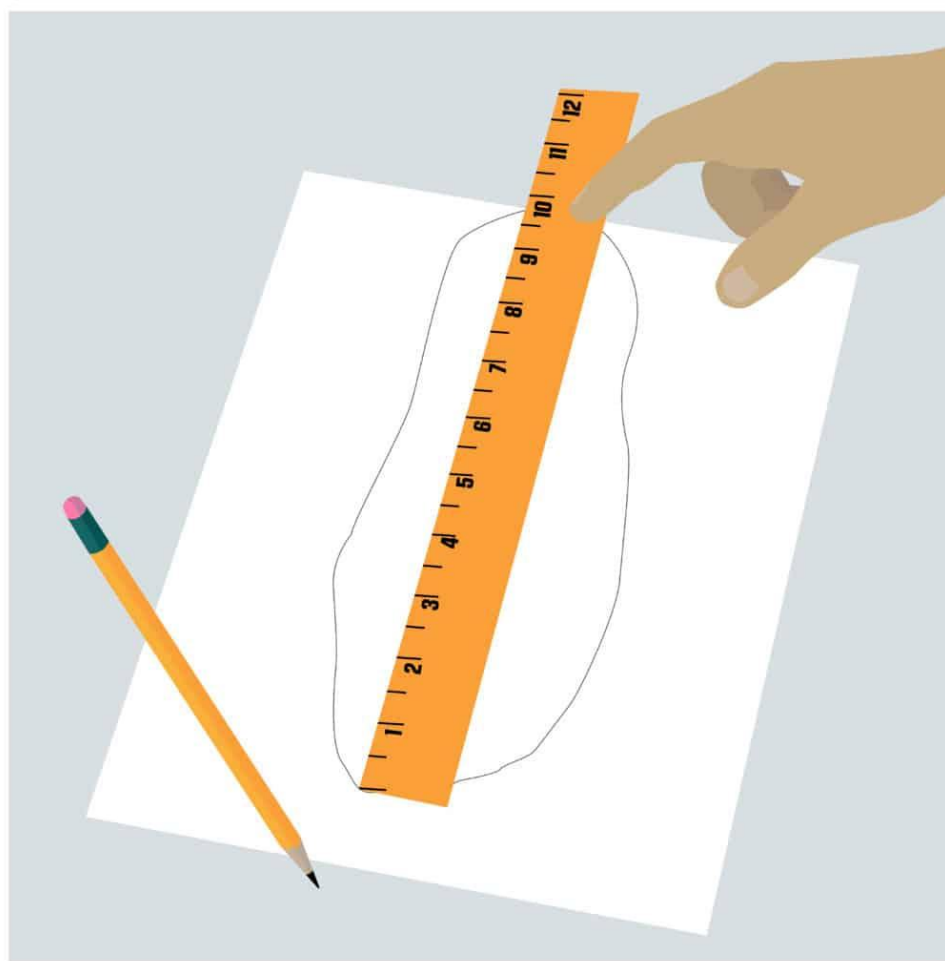
1. Tape the paper on the floor with one end against a wall. It's important that it doesn't slip so that you're able to get the proper measurement.



2. Plant one foot on the paper with your heel against the wall.
3. Trace the outline of your foot. It's easiest to have someone help you with this step. Try not to hold the pencil at an angle, as that can cause an improper measurement.



4. Using your ruler, measure the longest and widest parts of your outline.



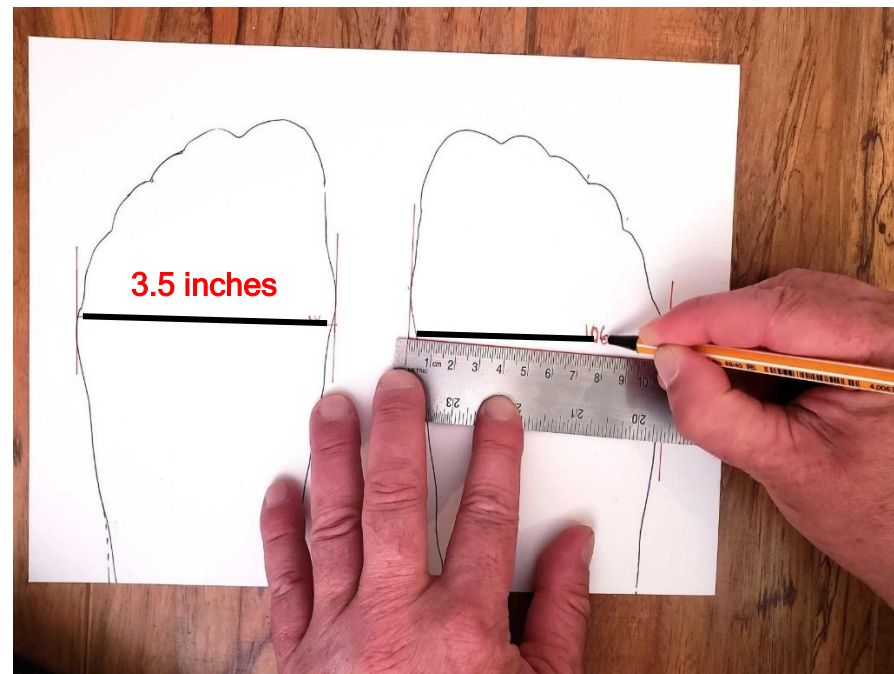
5. Repeat with your other foot.

Take down your measurements in inches. The charts found below will assist you in finding your precise shoe size. When comparing your results with a shoe size chart, you'll want to use the measurement of your larger foot.

Find Your Foot Width

For each foot tracing, make a horizontal line between the two vertical lines and measure this distance in INCHES.

Repeat this for each foot and mark down your foot width in inches.



Now, use the “charts” found here to find your width number in inches to find out if your shoe will be Narrow - Medium or Wide.

US Men Size Coverts To US
Woman Size And Vice Versa
US M **US W**

Shoe Size Chart

Youth Size To Women Size

US Youth Size And Men Size
Are Exactly The Same.
Youth To Men

3.5	5 - 5.5	3 = 4.5 - 5	3.5
4	5.5 - 6	3.5 = 5 - 5.5	4
4.5	6 - 6.5	4 = 5.5 - 6	4.5
5	6.5 - 7	4.5 = 6 - 6.5	5
5.5	7 - 7.5	5 = 6.5 - 7	5.5
6	7.5 - 8	5.5 = 7 - 7.5	6
6.5	8 - 8.5	6 = 7.5 - 8	6.5
7	8.5 - 9	6. = 8 - 8.5	7
7.5	9 - 9.5	7 = 8.5 - 9	7.5
8	9.5 - 10	7.5 = 9 - 9.5	8
8.5	10 - 10.5	8 = 9.5 - 10	8.5
9	10.5 - 11	8.5 = 10 - 10.5	9
9.5	11 - 11.5	9 = 10.5 - 11	9.5
10	11.5 - 12	9.5 = 11 - 11.5	10
10.5	12 - 12.5	10 = 11.5 - 12	10.5
11	12.5 - 13		11
11.5	13 - 13.5		11.5
12	13.5 - 14		12
12.5	14 - 14.5		12.5
13	14.5 - 15		13
13.5	15 - 15.5		13.5
14	15.5 - 16		14
14.5	16 - 16.5		14.5
15	16.5 - 17		15

Now Check The Width Of Your Feet For Ultimate Comfort And Foot Health.

Men's Shoe Size	A Narrow	B Medium	D Wide
8	3.6"	3.8"	3.9"
9	3.7"	3.9"	4.1"
10	3.8"	4.0"	4.2"
11	3.9"	4.1"	4.3"
12	4.1"	4.3"	4.4"
13	4.2"	4.4"	4.6"
14	4.3"	4.6"	4.8"
15	4.4"	4.6"	4.8"

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Women's Shoe Size	A Narrow	B Medium	D Wide
5	2.8"	3.2"	3.5"
6	2.9"	3.3"	3.7"
7	3.1"	3.4"	3.8"
8	3.2"	3.6"	3.9"
9	3.3"	3.7"	4.1"
10	3.4"	3.8"	4.2"
11	3.6"	3.9"	4.3"
12	3.7"	4.1"	4.4"

Extra
Wide

Toddler & Kids' Shoe Size Chart

US Size	UK Size	Europe Size	Suggested Age Range
2T	1	17	5-7 Months
3T	2	18	7-9 Months
4T	3	19	9-11 Months
5T	4	20	1 Year Old
6T	5	22	2 Years Old
7T	6	23	2.5 Years Old
8T	7	24	3 Years Old
9T	8	25	4 Years Old
10T	9	27	5 Years Old
11	10	28	6 Years Old
12	11	30	7 Years Old
13	12	31	8 Years Old
1	13	32	9 Years Old
2	1	33	10 Years Old
3	2	34	11 Years Old
4	3	36	12 Years Old
5	4	37	13 Years Old