



ARE YOUR SHOES REUSABLE?

Use these steps to check your shoes!

1

Shoe Mileage



About how many miles have you ran or walked in these shoes? Typically, shoes should be replaced after 200 miles or after 6 months.

2

Try to Rate your Shoe Condition!



On a scale of 1 - 5, 5 being in the best condition, how would you rate the condition of your shoes? Consider the damages on the shoe. Shoes rated 3 and up are reusable, with the exception of some shoes rated 2.

3

Exterior of the Shoe



Consider the exterior condition of your shoes. Is the shoe intact? Are the shoelaces still attached to the shoe? Shoes with clear cracks and rips should be avoided.

4

Sole of the Shoe



Are the soles of the shoe damaged? Are the soles still inside the shoe? Try donating shoes with intact soles to provide proper foot protection for the recipient.

5

Odor



Does the shoe have any odor? If so, try cleaning the shoe. If the odor persists, maybe it's time to recycle the shoe!

Do you need more help with checking your shoes? Take the donor survey on our website and we can help you out!

www.sole2soul.xyz