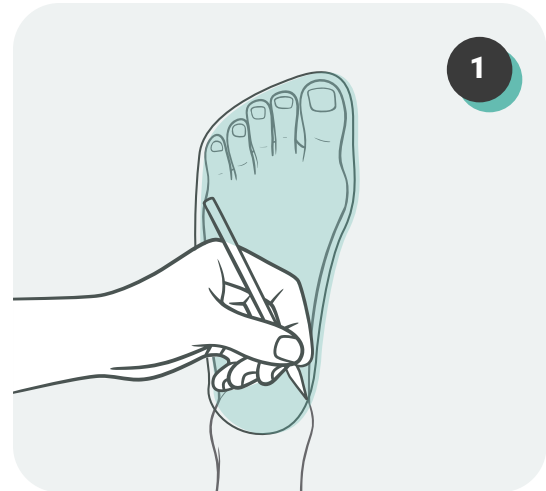


# FOOT MEASUREMENT INSTRUCTIONS

## STEP 1:

### TRACE FOOT

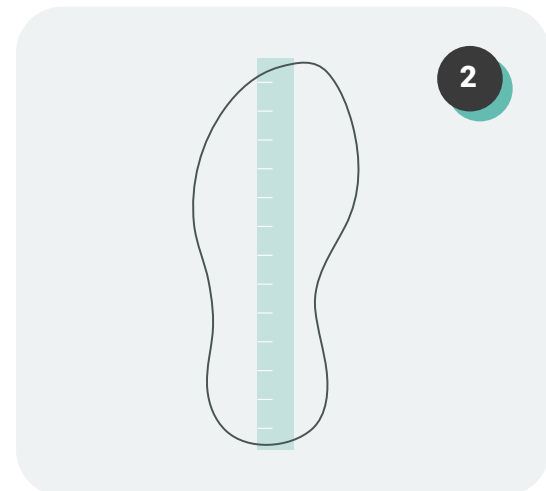
Place a piece of paper on the ground. If your foot is bigger than a single sheet, tape two pieces together, one slightly overlapping another. Make sure you are wearing the sock you intend to wear with the shoe. Ensure you have your full weight on the foot for the most accurate measurement. Either have you or someone else slowly trace around your foot ensuring the pen or pencil is at a 90 degree angle.



## STEP 2:

### MEASURE LENGTH

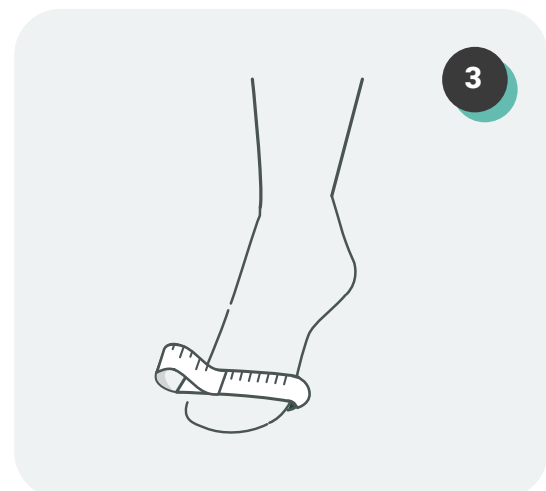
Use a measuring tape, measure the outline from the back/central part of the heel to the end of the longest toe. You may want to try tracing your foot a few times for more accurate results.



## STEP 3:

### MEASURE WIDTH

Use a measuring tape and wrap it around the widest part of your foot at your bunion joint. Ensure you have your full weight on the foot to ensure a more accurate measurement.



## STEP 4:

# FIND YOUR PERFECT FIT

In the first column, find your measured foot length. Once identified, the column to the right will determine your shoe size. In the next three columns, find your foot width to determine which width of shoe you may need.

*Note: For foot length, if you are in between sizes, always move up to the next size. For foot width, choose the width that you are closest to.*

## WOMEN'S SIZING CHART

This sizing chart is represented in inches

Foot Length	Shoe Size	Recommended Foot Width (Women)		
		Medium	Wide	X-Wide
8 1/2	4 1/2	8	8 7/16	8 13/16
8 5/8	5	8 1/8	8 9/16	8 15/16
8 3/4	5 1/2	8 1/4	8 11/16	9 1/16
9	6	8 3/8	8 13/16	9 3/16
9 1/8	6 1/2	8 1/2	8 15/16	9 5/16
9 1/4	7	8 5/8	9 1/16	9 7/16
9 1/2	7 1/2	8 3/4	9 3/16	9 9/16
9 5/8	8	8 7/8	9 5/16	9 11/16
9 3/4	8 1/2	9	9 7/16	9 13/16
10	9	9 1/8	9 9/16	9 15/16
10 1/8	9 1/2	9 1/4	9 11/16	10 1/16
10 1/4	10	9 3/8	9 13/16	10 3/16
10 1/2	10 1/2	9 9/12	9 15/16	10 5/16
10 5/8	11	9 5/8	10 1/16	10 7/16
11	12	9 7/8	10 5/16	10 11/16
11 1/4	13	10 1/8	10 9/16	10 15/16

Medium (B) Wide (D) X-Wide (2E)

## MEN'S SIZING CHART

This sizing chart is represented in inches

Foot Length	Shoe Size	Recommended Foot Width (Men)			
		Medium	Wide	X-Wide	XX-Wide
9 1/2	6 1/2	8 15/16	9 5/16	9 11/16	10 1/16
9 5/8	7	9 1/16	9 7/16	9 13/16	10 3/16
9 3/4	7 1/2	9 3/16	9 9/16	9 15/16	10 5/16
10	8	9 5/16	9 11/16	10 1/16	10 7/16
10 1/8	8 1/2	9 7/16	9 13/16	10 3/16	10 9/16
10 1/4	9	9 9/16	9 15/16	10 5/16	10 11/16
10 1/2	9 1/2	9 11/16	10 1/16	10 7/16	10 13/16
10 5/8	10	9 13/16	10 3/16	10 9/16	10 15/16
10 3/4	10 1/2	9 15/16	10 5/16	10 11/16	11 1/16
11	11	10 1/16	10 7/16	10 13/16	11 3/16
11 1/8	11 1/2	10 3/16	10 9/16	10 15/16	11 5/16
11 1/4	12	10 5/16	10 11/16	11 1/16	11 7/16
11 1/2	12 1/2	10 7/16	10 13/16	11 3/16	11 9/16
10 5/8	13	10 9/16	10 15/16	11 5/16	11 11/16
12	14	10 13/16	11 3/16	11 9/16	11 15/16
12 1/4	15	11 1/16	11 7/16	11 13/16	12 3/16
12 5/8	16	11 5/16	11 11/16	12 1/16	12 7/16

Medium (D) Wide (2E) X-Wide (4E)

