

This is a guide only. To ensure correct fitting footwear seek professional shoe fitting advice.

Instructions: When measuring your feet please remember to wear the socks/hosiery you would normally wear for this type of footwear.



1. Place this chart on the floor against a wall

(or other vertical object) so that point A is touching

the first clear line above the longest toe. Your size is

2. Place each foot as shown and select the size from

To Measure Length

the largest of your feet.

the wall.



To Measure Width

- 3. Cut out the tape measure along the dotted line.
- 4. Measure the circumference of your feet as shown above ensuring the tape measure goes across the big toe and little toe joint (the widest part of the foot). Your width measurement is the largest circumference of your feet. To get the correct measurement ensure that your weight is fully on the foot.

Variable Fittings





SIZE	FITS CIRCUMFERENCE (WIDTH) RANGE (IN MM)	
3	218-230	Up to 254
4	224-236	Up to 260
5	230-242	Up to 266
6	236-248	Up to 272
7	242-254	Up to 278
8	248-260	Up to 284
9	254-266	Up to 290

To Find Your Fitting

5. Find your size on the left hand column of the table eg. size 5. Then move across the table until you find the square which is higher than your width measurement eg. if you measured size 5 and width 248mm, your size fitting would be 5, 6E.

0/2 09Z 0SZ 0+Z 0EZ 0ZZ 0LZ 00Z 06L 08L 0/L 09L 0SL 0+L 0EL 0ZL 0LL 00L 06 08 0/L 09 0S 0+ 0E 0Z 0L

The distance between these two points must be exactly 277mm to ensure the chart is the correct size. You must check this with a ruler or tape measure.

It is vital that the above measurement is correct to obtain your fitting. Cut along the dotted line at the top and bottom of this page.

If the measurement is less DO NOT proceed with a fitting as the scaling will be incorrect. Please refer to point 2 on page 2.

Ladies measuring chart easy b

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Instructions

- 1, Print page 2 and 3 of this document on A4 paper, Ensure you select the highest quality for your particular printer.
- 2. In the Print Dialog window, Page Scaling must be set to 'None'. If 'Reduce to Fit' is selected the chart will be printed out smaller, resulting in incorrect measurements.

Cut along

- 3, When printed, measure with a ruler or tape measure between the red arrows, It must measure exactly 277mm
- 4. Cut along the dotted lines at the bottom of this page, and the top and bottom of page 3.
- 5. Join together with adhesive tape the bottom of this page, with the top of page 3. They must butt together exactly, if they overlap the chart will be incorrect.
- 6. You now have a correctly sized measuring chart, follow the instruction on page 1 and measure your feet.

size 12 —	
size 11	
size 10 —	
size 9	
size 8	
size 7	
size 6	
size 5	
size 4	
size 3	
the dotted line.	

