





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.



To Measure Length

- 1. Place this chart on the floor against a wall (or other vertical object) so that point W is touching the wall.
- 2. Place each foot as shown and select the size from the first clear line above the longest toe. Your size is the largest of your feet.



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 RANGE (MM)	
6	239-256	257-280
7	245-262	263-286
8	251-268	269-292
9	257-274	275-298
10	263-280	281-304
11	269-286	287-310
12	275-292	293-316
13	281-298	299-322
14	287-304	305-328

To Find Your Fitting

5. Find your size on the left hand column of the table eg. size 6. Then move across the table until youfind the square which is higher than your width measurement eg.

if you measured size 6 and width 260mm, your size fitting would be 6, 6E.



Mens measuring chart



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Instructions

- 1. Print page 3 and 4 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.
- 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 page 3, and the top and bottom of page 4.
- 5. Join together with adhesive tape the bottom of page 3, with the top of page 4. They must butt together exactly, if they overlap the chart will be incorrect.
- 5. You now have a correctly sized measuring chart, follow the instruction on page 1 and measure your feet.

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.

size 14 — — — — — — — — — — — — — — — — — —	
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Cut along t



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Place flush against a wall

