



### HOW TO MEASURE

- A** **Inside Length:**  
Flatten your foot by shifting your weight forward, use a ruler or tape measure to measure your foot (from the heel to the tip of your longest toe).

<b>EURO SIZE</b>	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
<b>US SIZE</b>	3.5	4	5	6	6.5	7.5	8	9	9.5	10.5	11.5	12	12.5	13.5	14
<b>JAPAN SIZE</b>	22.5	23	24	25	25.5	26	26.5	27.5	28.5	29.5	30	30.5	31.5	32	33
<b>INSIDE LENGTH (CM)</b>	22.5	23	24	25	25.5	26	26.5	27.5	28.5	29.5	30	30.5	31.5	32	33
<b>INSIDE LENGTH (INCHES)</b>	8.8	9	9.4	9.8	10	10.2	10.4	10.8	11.2	11.6	11.8	13.6	12.4	12.6	13