

TAKING YOUR MEASUREMENTS

YOU WILL NEED:

- Pencil
- Measuring tape
- Sheet of paper
- A friend

KEY INFORMATION:

- In order to get the most accurate measurements we recommend measuring your foot after 2pm
- It is quite common to have one foot larger than the other which is why we have you measure both feet
- Most people wear the wrong shoe size because they are trying to accommodate for their width
- If you plan on wearing your shoes with socks please take your measurements with the weight of sock you will be wearing on a daily basis. If you plan to wear your shoe barefoot please take your measurements without socks for an accurate fit.

In order to fill out the chart below please follow our step by step instructions:

YOUR MEASUREMENTS		
MEASUREMENTS:	RIGHT FOOT (in CM)	LEFT FOOT (in CM)
FOOT LEGNTH		
JOINT CIRCUMFERENCE		
INSTEP CIRCUMFERENCE		

STEP 1: FOOT LENGTH MEASUREMENT

- Have a friend trace around your right and left foot. Make sure you are standing during this step so your weight is evenly distributed over top of your foot
- Once you have your tracing lift your foot and measure from the edge of your heel to the tip of your longest toe.

- This measurement determines your true shoe size
- Mark your measurements using centimetres in the chart above

STEP 2: JOINT CIRCUMFERENCE MEASUREMENT

- Measure the circumference of your joint (ball of the foot)
- The ball of the foot is the widest section of your foot
- This measurement determines whether you require a wide or narrow fit
- Mark your measurements using centimetres in the chart above

STEP 3: INSTEP CIRCUMFERENCE MEASUREMENT

- Measure the circumference of your instep
- Place the measuring tape underneath your arch and around the
- Mark your measurements using centimetres in the chart above
- This measurement determines whether you have a high or low arch

For additional guidance please refer to the diagram below for proper placement:



