

## 

1. Print this Guide on $21 \mathrm{~cm} \times 29.7 \mathrm{~cm}$ (A4) paper scaled at $100 \%$. Do not select "fit to Page" or any similar option.
2. With a ruler, check to see if the centimeter marks along the right side of the Guide are accurate. If so, you printed this correctly at $100 \%$ scale.
3. Place your foot on the measuring guide (without shoe).
4. Make sure your instep (inside of foot) is on the line.
5. If the outside of your foot is on or exceeds the purple border, a wide shoe is recommended.



## MEN'S SIZES

| UK | 5.5 | 6 | 6.5 | 7 | 7.5 | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 | 14 | 15 |
| :--- | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| GURO | 39 | 39.5 | 40 | 41 | 41.5 | 42 | 42.5 | 43 | 44 | 45 | 45.5 | 46 | 47 | 47.5 | 48 | 48.5 | 49.5 | 50.5 |
| US | 6.5 | 7 | 7.5 | 8 | 8.5 | 9 | 9.5 | 10 | 10.5 | 11 | 11.5 | 12 | 12.5 | 13 | 13.5 | 14 | 15 | 16 |

