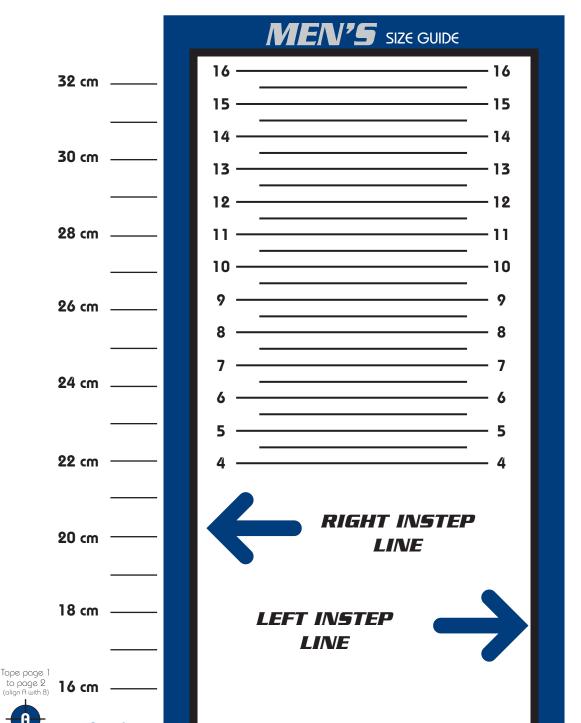


- 1. Print this Guide on 21 cm  $\times$  29.7 cm (A4) paper scaled at 100%. Do not select "Fit to Page" or any similar option.
- 2. With a ruler, check to see if the centimeter marks along the right side of the Guide are accurate. If so, you printed this correctly at 100% scale.
- 3. Place your foot 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.



Tape page to page 2 (align C with D



\_ \_ \_ -

\_\_\_\_

14 cm -

12 cm ——

10 cm \_\_\_\_\_

8 cm \_\_\_\_\_

6 cm ——

4 cm —

2 cm —

0 cm \_\_\_\_

## MEN'S SIZES

UK		5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	]]	11.5	12	12.5	13	14	15
€UR	0	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