



YOUR EASY MEASURING GUIDE

For maximum comfort, it's important to ensure you're wearing the right size shoes, so our fitting guide is designed to help you work out what size and width fitting to order.

TOP TIP

Don't forget to wear your normal socks, tights or stockings when you measure your feet!

Size 8 _____

Size 7 _____

Size 6 _____

Size 5 _____

Size 4 _____

Size 3 _____

Find your size in 3 simple steps

- 1 Place this guide on the floor and, one foot at a time, place your heel at the back of the foot diagram.
- 2 Use a measuring tape to measure the width of your feet in millimetres around the widest part. If one foot is wider than the other, use the wider measurement - and refer to our chart to find which fitting to order
- 3

Left Foot:

Size Width Size Width

Right Foot:

Size Width Size Width

Make a note of your size - but if you are in between sizes, choose the bigger one

TOP TIP

Most of us have one foot bigger than the other, so order to suit your larger foot



Foot Length & Width Guide

Size	Foot Length	Standard Fit	Extra Wide	EE Wide	EEE Fit	EEEE Fit	EEEE Fit
3	223	210	216	222	228	234	234
4	232	216	222	228	234	241	241
5	240	222	228	234	241	247	247
6	249	228	234	241	247	254	254
7	257	234	241	247	254	260	260
8	266	241	247	254	260	266	266

(all measurements are shown in millimetres)

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Measure your heel from here