Size guide shoes

How to measure your feet

Step 1

Stand up straight on a hard surface with your heel against the wall and a piece of blank paper taped to the floor.

Step 2

Have someone mark the longest part of your foot (referred to as heel-to-toe length) on the paper with a pen or pencil, or measure yourself if necessary. Repeat with the other foot, as sizes may be different on left and right foot.

Step 3

Use a ruler to measure the heel-to-toe length you marked for each foot.

MEN

UK	US	EU	Heel-to-toe
6	7	39½	25
6½	7½	40	25,5
7	8	40 ¾	26
7½	8½	41½	26,5
8	9	42	27
8½	9½	43	27,5
9	10	43½	28
9½	10½	44	28,5
10	11	44½	29
10½	11½	45	29,5
11	12	45 ¾	30
11½	12½	46½	30,5
12	13	47	31
13	14	48½	32
14	15	49½	33
15	16	50½	34

WOMEN

UK	US	EU	Heel-to-toe
3	5	35½	22
3½	5½	36	22,5
4	6	37	23
4½	6½	37½	23,5
5	7	38	24
5½	7½	38 ¾	24,5
6	8	39½	25
6½	8½	40	25,5
7	9	40 ¾	26
7½	9½	41½	26,5
8	10	42	27
9	11	43½	28