## MEASURE YOUR FOOT BY FOLLOWING THESE STEPS::

- 1. Put a sheet of paper on the floor with the short side against the wall.
- 2. Put the sole of your bare foot on it with the heel pressing against the wall
- 3. Mark the point in front of the tip of your longest toe on the sheet of paper.
- 4. Measure the distance between the margin of the sheet of paper where you placed your heel and the point where you made the mark. Always round up the measurement to the next millimetre.

You may find that your right and left foot are different lengths. Always measure both of them and use the longest measurement				
as your reference.				
If you are undecided between two sizes after consulting the table, we recommend that you opt for the larger size.				
СМ	EUR	US	US W	UK
21,8	35	3,1	4,6	2,6
22,5	36	3,9	5,4	3,4
23,2	37	4,7	6,2	4,2
23,8	38	5,5	7,0	5
24,5	39	6,2	7,7	5,7
25,2	40	7	8,5	6,5
25,8	41	7,8	9,3	7,3
26,5	42	8,6	10,1	8,1
27,2	43	9,4	10,9	8,9
27,8	44	10,2		9,7
28,5	45	11		10,5
29,2	46	11,7		11,2
29,8	47	12,5		12
30,5	48	13,3		12,8
31,2	49	14,1		13,6
31,8	50	14,9		14,4
32,5	51	15,7		15,2