



• Sizes can sometimes vary from your traditional shoe size, and often they might be a little bigger. We always recommend measuring your feet when choosing the best size for you, especially when shopping online. We have included the measurements of our insoles for an accurate fit.

UK	EU	US/L	US/M	INSOLE LENGTH
11J	29	12	12	200mm
12J	30.5	13	13	207mm
13J	32.5	1	1	213mm
1	33	3	2	220mm
2	34	4	3	227mm
3	35.5	5	4	233mm
4	37	6	5	240mm
5	38	7	6	253mm
6	39.5	8	7	260mm
7	40.5	9	8	266mm
8	42	10	9	272mm
9	43	11	10	279mm
10	44.5	12	11	286mm
11	46	13	12	293mm
12	47	14	13	300mm