

Find Your Size

How to Measure

cm

[inches](#)

US Size	UK Size	EU Size	JP Size	Insole	Max Calf Area	Leg Height
5	3	36	22	23.2	36.5	37.5
6	4	37	23	24.3	36.3	37.5
7	5	38	24	25.2	37.8	37.5
8	6	39	25	25.5	38.6	40.5
9	7	40/41	26	26.8	39.4	40.5
10	8	42	27	27.5	40.2	40.5
11	9	43	28	28.5	41.0	40.5

Find Your Size

How to Measure

Feet

Calves



Step One

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

Step Two

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 right and left sizes may be different.

Step Three

Measure the longest part of your foot, taking the measurement from the back of your heel to the end of your big toe. Women should add 6mm to this measurement to allow for movement and room when the boot is used, men should add 8mm. This combined measurement will be your insole length, which you will find on all our size guides.