





How to Find Your Shoe Size

- 1. Place your heel along the solid line at the base of the chart.
- 2. Make sure your weight is on the foot being measured and your toes are relaxed.
- 3. Determine the correct size based on the line that touches your longest toe.
- 4. If the line that touches your longest toe is one of the shorter lines, you should order a half size.
- 5. Tip! Measure both your feet. One is often larger than the other. If each foot different size you should purchase the larger size.

How to Find Your Width

- 1. Align your instep, which is the center of your foot, with the solid instep line on the chart.
- 2. If the outside of your foot reaches the wide width zone, consider purchasing a wide width shoe when available.
- 3. Again, be sure to measure both feet since one tends to be larger than the other.