TO MEASURE CORRECTLY YOUR SIZE:

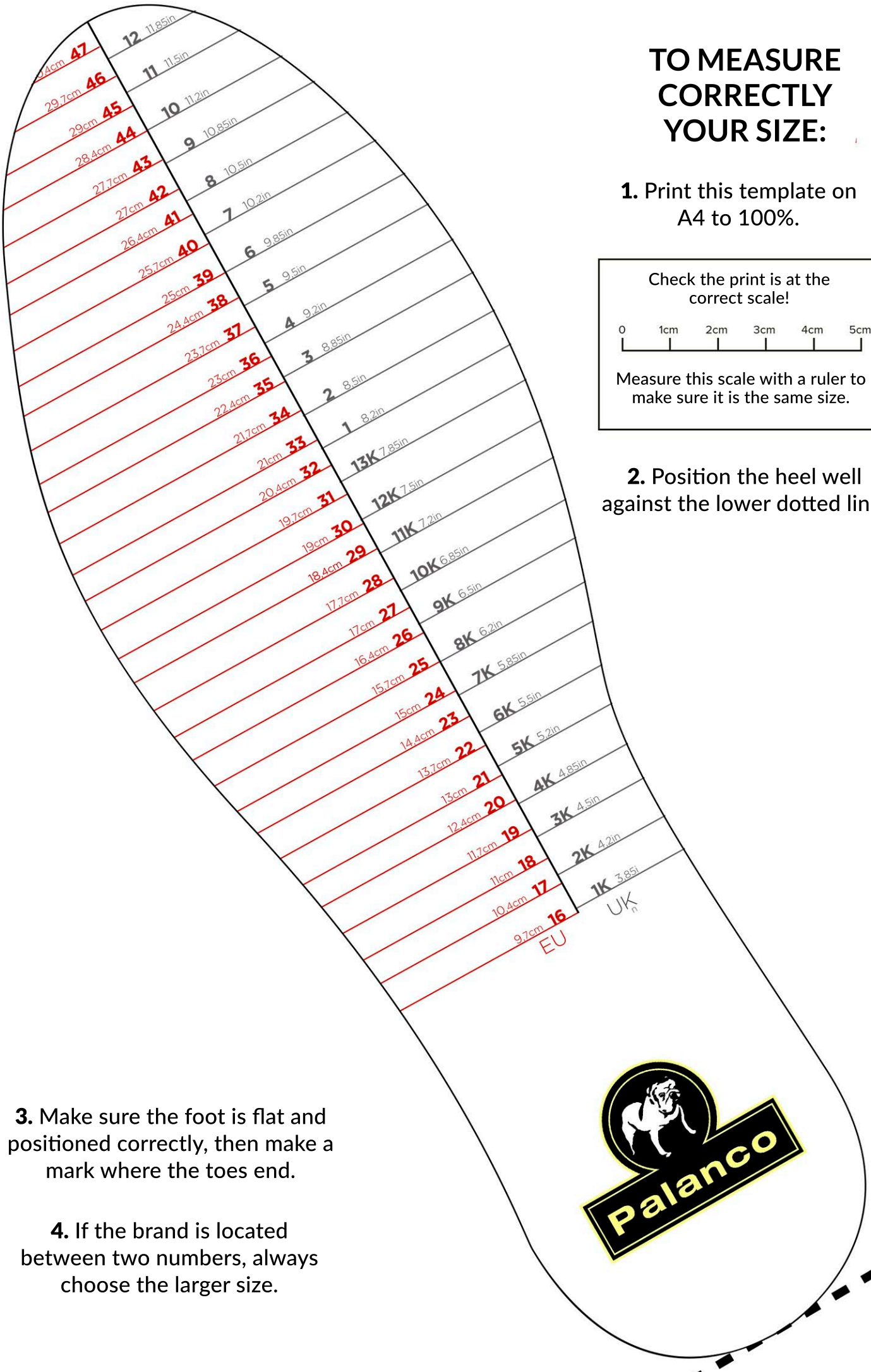
1. Print this template on A4 to 100%.

Check the print is at the correct scale!

0 1cm 2cm 3cm 4cm 5cm

Measure this scale with a ruler to make sure it is the same size.

2. Position the heel well against the lower dotted line.



3. Make sure the foot is flat and positioned correctly, then make a mark where the toes end.

4. If the brand is located between two numbers, always choose the larger size.