## SIZE GUIDE

 EUR	CM	UK	US
52	34.0	16	4.77
51	33.4	15	17
50	32.7		16
49	32.1	14	15
48	31.4	13	
47	30.8	12	14
46	30.1		13
45	29.5	11	12
44	28.8	10	
43	28.1	9	11
42	27.5		10
41	26.8	8	9
40	26.2	7	
39	25.5	6	8
38	24.8		7
37	24.2	5	6
36	23.5	4	
35	22.9	3	5
34	22.2		4
33	21.6	1	3
32	20.9	13	
31	20.3		1
30	19.6	12	13
29	19.0	11	
28	18.3		12

## // HOW TO MEASURE YOUR FEET

Place a paper close to the wall and with bare feet place the foot on the paper, with your heel to the wall. Since it is important to stand up straight, preferably have someone help you draw a line in front of the longest toe. Remember to measure both feet as they might not be identical. With a ruler, confirm the measurement in centimeters and add additional space according to the list below.

## ADDITIONAL SPACE

- Racing: add approx. 1 cm.
- Backcountry, Touring and Expedition: add approx. 1.5 cm

Note that this method is purely intended as a guideline.