

Size guide

- measure your feet and find your shoe size

CM	22.3 22.9	23.0 23.6	23.7 24.2	24.3 24.9	25.0 25.5	25.6 26.2	26.3 26.9	27.0 27.5	27.6 28.2	28.3 28.9	29.0 29.5	29.6 30.2	30.3 30.9	31.0 31.5	31.6 32.2	32.3 33.0
EU	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51
CDN (Female)	6 6.5	7 7.5	8 8.5	9 9.5	10 10.5	11 11.5	12 12.5	13 13.5								
CDN (Male)				6 6.5	7 7.5	8 8.5	9 9.5	10 10.5	11 11.5	12 12.5	13 13.5	14 14.5	15 15.5			



To measure your feet from heel to toe:

- 1 Place a piece of paper on the floor against a wall. Put your foot on the paper with the heel against the wall.
- 2 Put a line on the paper where your longest toe stops. Do the same with the other foot as the lengths of the feet can be different.
- 3 Measure the distance and compare it to the size guide. Use the measurements of the longest foot when selecting a shoe size. If you are between two sizes, always choose the largest.

Please note the size guide is indicative and be aware that the shoe size may also be affected by the following:

- Foot width and height
If you have an extra high arch and/or extra wide foot, you may need to go up a size
- The design of the shoe
- The thickness of your socks
Always try winter footwear with a thicker sock and summer footwear with a thinner sock.
If you wear a very thin sock, go down a size.