SIZE
Align the heel of your bare foot as shown on the chart using the "dotted" line as a guide. Flatten your foot by shifting your weight forward to ensure an accurate reading. Your shoe size is the distance from your heel to the tip of your longest toe. Shoe sizes are indicated on the same side as the foot you are measuring. Note the full shoe sizes marked by round bullets and the half sizes indicated by the lines in between.

WIDTH
Align your foot - your heel and the same side as the foot you are measuring - as shown on the chart. For example, when measuring your left foot, you should align your heel with the dotted line above the word "INCHES" and left-most edge with the "SIZES" line on the left. If your foot occupies the "WIDE" area, you should consider a wide width.

FITTING TIPS:
- If your measurement is between two sizes, always move up to the larger size.
- Be sure to have both feet measured. Many people have feet of different sizes. Fit to the larger of the two.
- Fit yourself at a similar time as when you will be wearing the footwear. For daily footwear, fit yourself when you've been on your feet all day because your feet have expanded.

PLEASE NOTE:
In almost all cases, the printed size of the fitting chart will be accurate. To ensure accuracy, first print the fitting chart and verify that the inches on the right properly align with a ruler or tape measure.
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