

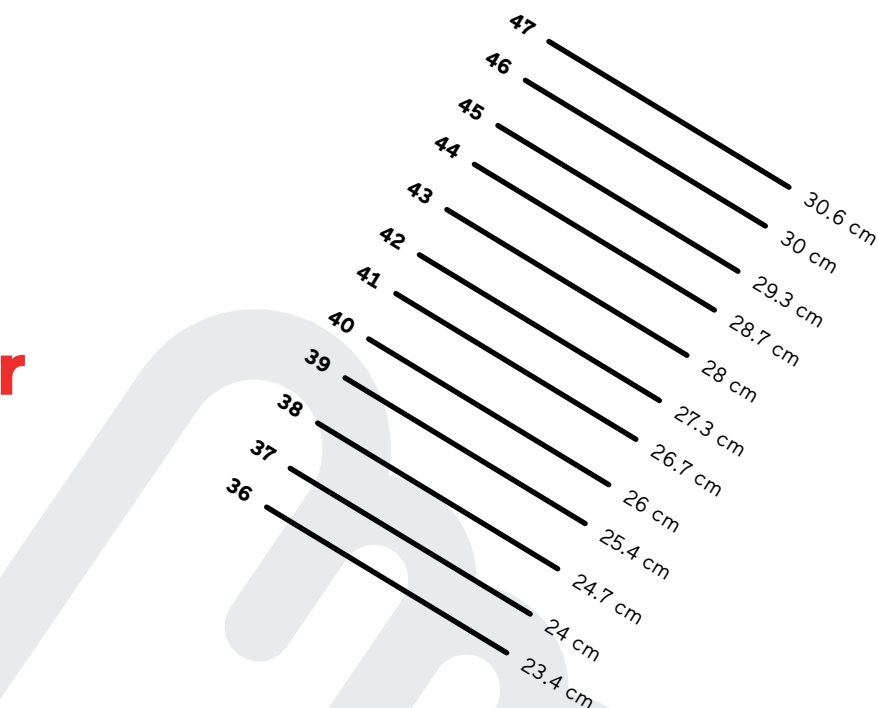
# Sizing Guide

## Footwear **Regular**

1. Print in actual size / **100% scale**  
Paper size: A4 (210×297mm)
2. **Verify the guide printed with a ruler**  
by measuring the *Scale Verification* line below.
3. Lay the paper on a flat surface and stand with your heel on the bottom line.
4. Mark the line above the longest toe.
5. **IMPORTANT: Add an extra 5 to 12 mm** to the measurement.
6. Find the size in the chart that corresponds to the final value.

! Do you have two different sizes after adding 5 to 12 millimetres? Please choose whether you prefer tighter or looser shoes.

Do you have doubts about what size to choose? Do not hesitate to contact us by email or on our social media.



**Width**

Skinners Footwear Regular Barefoot Shoes are more suitable for average width to narrower feet and medium to lower instep.

5 cm

### SCALE VERIFICATION

When printing 100% scale, the top line must be 5 cm

| Size |          |           | cm            |       |                   |                    |
|------|----------|-----------|---------------|-------|-------------------|--------------------|
| EU   | US       | UK        | Insole length | Width | Shoe width group* | Shoe circumference |
| 36   | W6       | W3.5      | 23.4          | 9     | G                 | 22.2               |
| 37   | W7       | W4        | 24            | 9.2   | G                 | 22.6               |
| 38   | W7.5     | W5        | 24.7          | 9.4   | G                 | 23.1               |
| 39   | W8       | W6        | 25.4          | 9.6   | G                 | 23.6               |
| 40   | W9       | W7        | 26            | 9.8   | G                 | 24.1               |
| 41   | W10 / M8 | W8 / M7   | 26.7          | 10    | G                 | 24.6               |
| 42   | W11 / M9 | W8.5 / M8 | 27.3          | 10.2  | G                 | 25.1               |
| 43   | M10      | M9        | 28            | 10.4  | G                 | 25.6               |
| 44   | M11      | M10       | 28.7          | 10.6  | G                 | 26.1               |
| 45   | M12      | M11       | 29.3          | 10.8  | G                 | 26.6               |
| 46   | M12.5    | M11.5     | 30            | 11    | G                 | 27.1               |
| 47   | M13      | M12       | 30.6          | 11.2  | G                 | 27.6               |

Shoe width groups are indicated by the letters E, F, G, H, I and K. The higher the letter of the alphabet, the wider and bulkier the shoe is. The difference between each circumference group is 6 mm.

ALIGN THE HEEL  
WITH THIS LINE

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