

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

Skinnners 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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