

MEASURE YOUR BAREFOOT

PLACE HEEL

SIZING

- Print the guide to 100% and check the 2cm or 1 inch measuring line with a ruler to make sure it is printed to scale.
- 2. Place your heel on the mark and check your heel alignment with a ruler.
- 3. Mark the position of your longest toe on the chart it might be your big toe or second toe.
- 4. Repeat steps 2 and 3 with your other foot.
- In between sizes? We generally recommend the bigger size for a better barefoot experience, but it depends. Follow the QR code below to ensure you choose wisely.



BECOME A WISER SIZER