

# MEASURE YOUR BAREFOOT WOMEN 

## SIZING

I. Print the guide to $100 \%$ and check the 2 cm or I 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.
5. 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.


