1. Place a blank paper on the floor.
2. Wear socks similar to the ones you’ll be wearing with the shoes you are buying.
3. Sit or stand with your foot firmly on the paper, and your leg bent slightly forward so that your shin is slightly in front of your ankle.
4. Trace the outline of your foot with a pen or a pencil.
5. Use a ruler to mark a straight line between the outermost points at the top, bottom, and both sides of the outline.
6. Measure the length from the bottom to the top. Make sure you are as accurate as possible.
7. Measure the width of the foot at the widest point.
8. Repeat these steps for your other foot, and use the larger of the two.
9. Check your size in the table provided. If you are not sure, please send over the results and we will help to determine the best size for you.