

**PAGE 1**

Check with a ruler this document is printed at 100% scale measuring these centimeters, they must match.



→  
If your foot overflows this vertical line, add one size more because of your wide foot.

EU	UK	US	JP
50	14,5	15	33,5
49	14	14,5	33
48	13	13,5	32
47	12	12,5	31,5
46	11,5	12	30,5
45	10,5	11	30
44	10	10,5	29,5
43	9	9,5	28,5
42	8	8,5	28
41	7	8	27,5
40	6,5	7	26,5
39	5,5	6	26
38	5	5,5	25,5
37	4	4,5	24,5
36	3,5	4	24
35	2,5	3	23,5

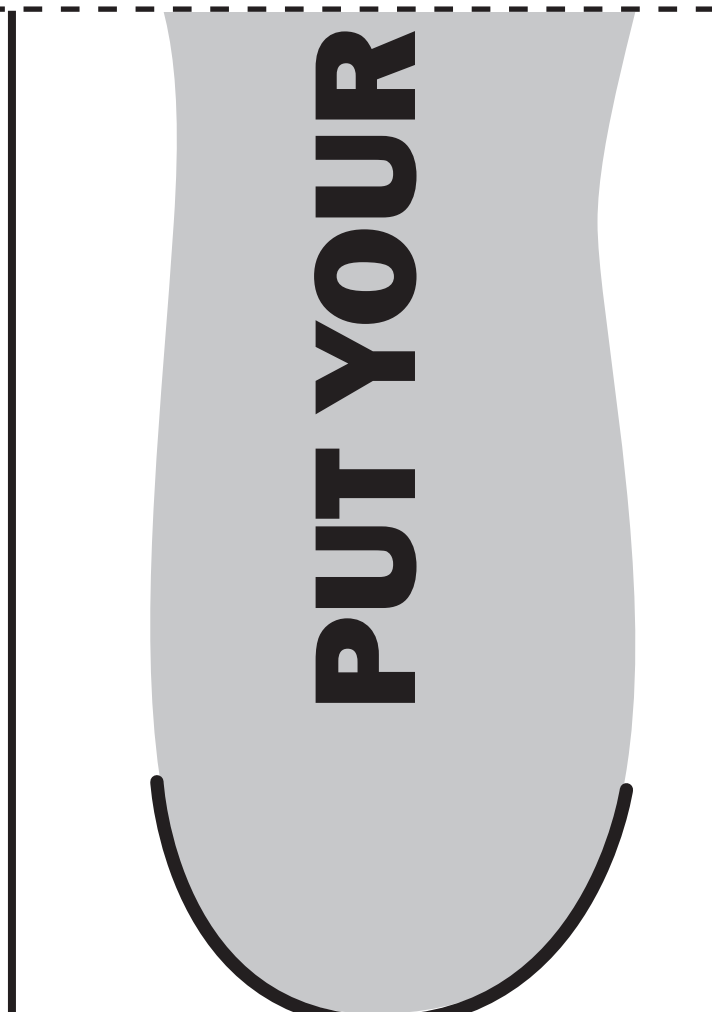
**FOOT HERE**

**BEND**

←  
If your foot overflows this vertical line, add one size more because of your wide foot.



**JOIN PAGE 1**



**PLACE YOUR HEEL TO THE  
LINE SET HERE**

**INSTRUCTIONS:**

- 1. Print both 2 pages of this document at real scale at (100% ).**
- 2. To verify the size is correct, check with a ruler the centimeters match using the ruler drawn at the top left of the page 1.**
- 3. Bend page 1 by the dotted line and join it to page 2, the drawn foot must match.**
- 4. Last is step barefoot over the joined document, your size is the first number you see past your toe.**



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