



Sizing Guide

MEN'S	40	41	42	43	44	45	46	47
Inches (+/- 1/8)	10	10 1/4	10 1/2	10 3/4	11	11 1/4	11 1/2	11 3/4
Centimeters (+/- .3)	25.3	25.9	26.6	27.3	27.9	28.6	29.3	29.9
WOMEN'S	36	37	38	39	40	41	42	
Inches (+/- 1/8)	8 5/8	8 7/8	9 1/8	9 3/8	9 5/8	9 7/8	10 1/8	
Centimeters (+/- .3)	21.8	22.4	23.1	23.8	24.5	25.1	25.8	

How to Measure Your Foot:

Foot shapes and sizes can vary greatly. Fivefingers do provide some adjustment, but may not fit every foot type. For best results in finding your size we recommend measuring both feet, heel to toe:

1. Standing with your heels against a flat wall
2. Slide ruler under each foot and measure the longest toe
3. Take the longer of the two measurements
4. If your foot length varies by more than .4cm, it will be difficult to get a precise fit for both feet.
5. If your second toe is more than .4cm longer than your big toe, it will be difficult to get a precise fit.