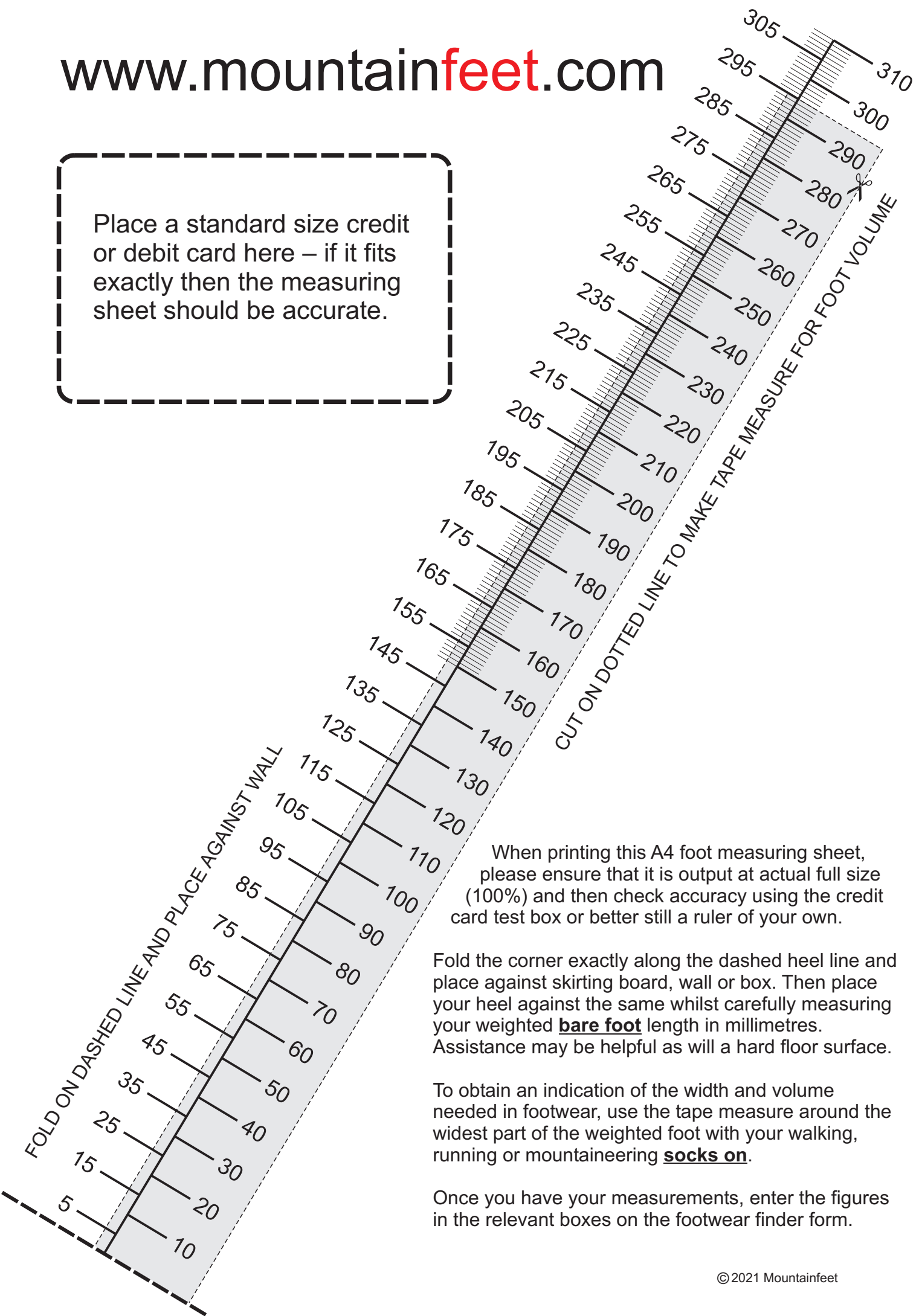


Place a standard size credit or debit card here – if it fits exactly then the measuring sheet should be accurate.



When printing this A4 foot measuring sheet, please ensure that it is output at actual full size (100%) and then check accuracy using the credit card test box or better still a ruler of your own.

Fold the corner exactly along the dashed heel line and place against skirting board, wall or box. Then place your heel against the same whilst carefully measuring your weighted **bare foot** length in millimetres. Assistance may be helpful as will a hard floor surface.

To obtain an indication of the width and volume needed in footwear, use the tape measure around the widest part of the weighted foot with your walking, running or mountaineering **socks on**.

Once you have your measurements, enter the figures in the relevant boxes on the footwear finder form.