

Air Jordan Sizing Cheat Sheet (1-40)

A quick printable guide to which Air Jordans fit true to size, which run roomy, and which models need extra care for wide feet.

Most Air Jordans Fit true to size. Start with your regular Nike size.	Roomier Models AJ 5, 6, 7, 10, 12, and 13 may work half size down for a snug fit.	Tighter Models AJ 9 and AJ 40 often need half size up, especially for wider feet.
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Quick Model-by-Model Sizing

Model	Fit	How I would size it
Air Jordan 1	True to size	Classic structured fit. True to size for most people.
Air Jordan 1 High '85	Narrow forefoot	True to size for most. Very wide feet may prefer half size up.
Air Jordan 1 Low OG	Slightly long	True to size for wide feet. Half size down for narrow feet/snug fit.
Air Jordan 2	True to size	Balanced fit. Narrow feet can go half size down.
Air Jordan 2/3	True to size	Half size up if wide feet or foot swelling creates pressure.
Air Jordan 2 Low	True to size	Regular size works best. Expect a short break-in.
Air Jordan 3	True to size	Comfortable classic fit. Most people should stay true to size.
Air Jordan 4	True to size but narrow	True to size for most. Half size up for very wide feet or pinky toe pressure.
Air Jordan 4 Reimagined	True to size	Roomier pinky toe area than older 4s. True to size works well.
Air Jordan 5	True to size / roomy	True to size for comfort. Half size down if you want a snug fit.
Air Jordan 5 Reimagined	True to size	Do not size down unless you know your feet are narrow.
Air Jordan 6	Slightly roomy	True to size for comfort. Half size down for a closer fit.
Air Jordan 7	Slightly roomy	True to size for most. Half size down for narrow feet/snug fit.
Air Jordan 8	True to size	Inner bootie already feels secure. True to size is safest.
Air Jordan 9	Runs narrow/small	Narrow feet: true to size. Normal/wide feet: consider half size up.
Air Jordan 10	Runs long	Half size down for narrow/normal feet. True to size for wide feet.
Air Jordan 11	True to size	Secure fit. Half size up only for very wide feet.
Air Jordan 11 Low	True to size	Same size as regular Air Jordan 11s.
Air Jordan 12	Runs slightly long	True to size for comfort. Half size down for snug fit.
Air Jordan 13	True to size / roomy	True to size for most. Half size down if you prefer a tighter fit.
Air Jordan 14	True to size	True to size for most. Half size up for very wide feet.
Air Jordan 17 Low	True to size / roomy	True to size for casual wear. Half size down for performance fit.
Air Jordan 38	True to size	Great one-to-one performance fit in regular size.
Air Jordan 38 Low	Runs long	Half size down for most. True to size for wide feet or ankle braces.
Air Jordan 39	True to size	Snug but comfortable. Flexible upper adapts well.
Air Jordan 40	Runs small	Half size up recommended. Very wide feet may struggle.

Air Jordan Fit Shortcuts

Use these shortcuts when you do not have time to read the full guide.

Best Air Jordans for Wide Feet

- Air Jordan 5 - roomy toe box and forgiving fit
- Air Jordan 12 - supportive but spacious
- Air Jordan 13 - often slightly roomy
- Air Jordan 17 Low - squared toe box gives more room
- Air Jordan 39 - flexible upper adapts well

Narrowest Air Jordans to Watch

- Air Jordan 4 - common pinky toe pressure
- Air Jordan 9 - narrow toe box and inner sleeve can rub
- Air Jordan 40 - very snug and shallow toe box
- Air Jordan 1 High '85 - narrower forefoot
- Air Jordan 14 Light Ginger - snugger forefoot than most 14s

Best Air Jordans for a Snug Fit

- Air Jordan 1 - structured and secure
- Air Jordan 4 - narrow forefoot and locked-in feel
- Air Jordan 11 - snug but comfortable once broken in

Best Air Jordans for a Roomier Fit

- Air Jordan 5 - roomy and wide-foot friendly
- Air Jordan 12 - runs slightly long
- Air Jordan 17 Low - squared-off toe box

Most Comfortable Air Jordans

- Air Jordan 39
- Air Jordan 13
- Air Jordan 12
- Air Jordan 5
- Air Jordan 3

Bottom Line

Most Air Jordans fit true to size, but the best Air Jordan size depends on the exact model and your foot shape. If your feet are wide, pay close attention to the Air Jordan 4, 9, and 40. If you like a snug fit, some roomier models like the 5, 6, 7, 10, 12, and 13 may work half size down.