

20	_____	20

19	_____	19

18	_____	18

17	_____	17

16	_____	16

15	_____	15

14	_____	14

13	_____	13

12	_____	12

11	_____	11

10	_____	10

9	_____	9

8	_____	8

7	_____	7

6	_____	6

5	_____	5

4	_____	4

MEN'S SIZE & WIDTH TOOL

www.sizechartguru.com



MATCH CREDIT CARD SIZE HERE

- 1

PRINT on 8.5" x 11" paper, landscape at 100% scale with "fit to page" turned OFF. Check scale accuracy here using any credit card.
- 2

ALIGN & SECURE Page 1 to page 2 using the paper alignment guides. Fold page 2 up at the dotted line.

FIT TIPS

- Measure in the late afternoon when feet are largest due to swelling.
- Choose the larger size if feet are between sizes or one foot is bigger than the other.
- Re-measure your feet each year. Your size and width can change over time and the correct fit is important for comfort and performance.

3

FIND YOUR SIZE

Place your heel on the semicircle below and align the back of your heel with the folded paper or a wall. Measure each foot separately and be sure to put your full weight on your foot. For the most accuracy, measure with the back of your heel against a wall.

SizeChartGuru
— Size Does Matter —

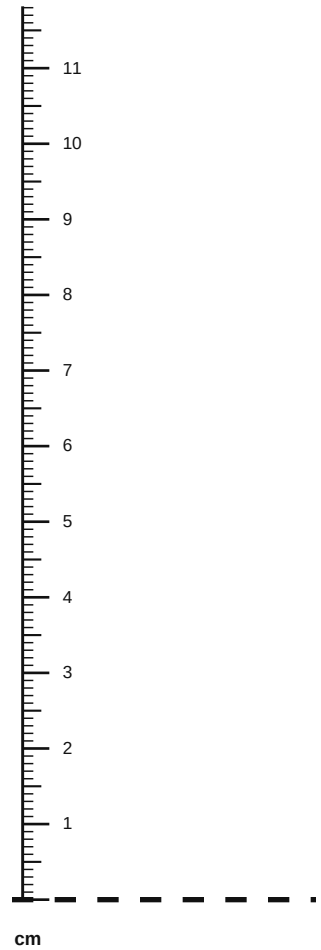
PLACE
HEEL HERE



4

width size using the width chart on page 3.
Use the larger of the two measurements to find your
Measure the widest part of each foot horizontally.

FIND YOUR WIDTH



FOLD UP ALONG DOTTED LINE AND ALIGN WITH BACK OF HEEL OR WALL

Men's Shoe Width Chart

US Size	Narrow (B, C)	Medium (D, M, MW, R)	Wide (E, 2E, EE, W)
6	3 5/16"	3 1/2"	3.688"
6.5	3 3/8"	3 9/16"	3.75"
7	3 7/16"	3 5/8"	3.813"
7.5	3 1/2"	3 11/16"	3.875"
8	3 9/16"	3 3/4"	3.938"
8.5	3 5/8"	3 13/16"	4"
9	3 11/16"	3 7/8"	4.063"
9.5	3 3/4"	3 15/16"	4.125"
10	3 13/16"	4"	4.188"
10.5	3 7/8"	4 1/16"	4.25"
11	3 15/16"	4 1/8"	4.313"
11.5	4"	4 3/16"	4.375"
12	4 1/16"	4 1/4"	4.438"
12.5	4 1/8"	4 5/16"	4.5"
13	4 3/16"	4 3/8"	4.563"

Men's Shoe Size Conversion

US & Canada	UK	Europe	Inches	Centimeters
6	5.5	39	9.3	23.5
6.5	6	39	9.5	24.1
7	6.5	40	9.6	24.4
7.5	7	40-41	9.8	24.8
8	7.5	41	9.9	25.4
8.5	8	41-42	10.1	25.7
9	8.5	42	10.3	26
9.5	9	42-43	10.4	26.7
10	9.5	43	10.6	27
10.5	10	43-44	10.8	27.3
11	10.5	44	10.9	27.9
11.5	11	44-45	11.1	28.3
12	11.5	45	11.3	28.6
13	12.5	46	11.6	29.4
14	13.5	47	11.9	30.2
15	14.5	48	12.2	31
16	15.5	49	12.5	31.8