## Superfeet Size Guide

| J | A | B | C | F | F | H |  |  |  |
| ---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| MEN'S |  |  |  | $5.5-7$ | $7.5-9$ | $9.5-11$ | $11.5-13$ | $13.5-15$ | $15.5-17$ |
| WOMEN'S |  |  | $4.5-6$ | $6.5-8$ | $8.5-10$ | $10.5-12$ |  |  |  |
| JUNIORS | $11.5-13$ | $13.5-2$ | $2.5-4$ |  |  |  |  |  |  |
| UK | $11-12.5$ | $13-1.5$ | $2-3.5$ | $4-5.5$ | $6-7.5$ | $8-9.5$ | $10-11.5$ | $12-13.5$ | $14-15.5$ |
| EURO | $29-31$ | $32-33.5$ | $34-36$ | $37-38.5$ | $39-41$ | $42-44$ | $45-46.5$ | $47-49$ | $50-52$ |



## SUPERFEET FOOTWEAR SIZING GUIDE

There is no industry standard for footwear sizes. For example, a size 8 by one footwear manufacturer might be different from a size 8 produced by another. That's why Superfeet makes full-length insoles in size ranges (typically spanning $1 \frac{1}{2}$ sizes) to handle the variations. You may need to trim your insoles to fit in your footwear.

## WHAT TO LOOK FOR IN A PROPER FIT:

- Check if your heel fits inside the heel cup, and not over the edge.
- If the insole is too narrow, go up a letter-size.
- If your toes extend beyond the end of the foam forefoot, go up a letter-size.

