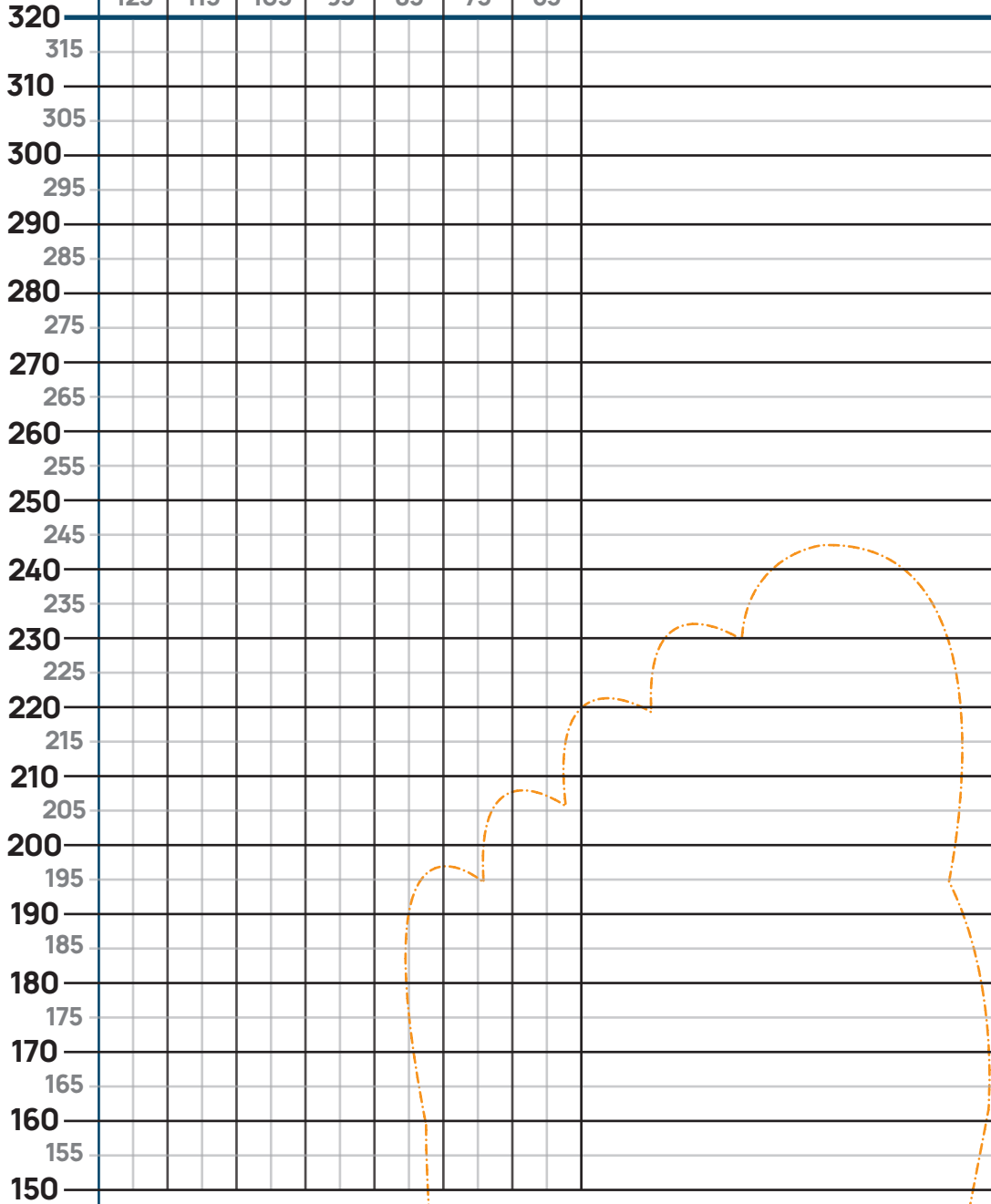


130 120 110 100 90 80 70 60

125 115 105 95 85 75 65



LINE UP INSIDE OF LEFT FOOT HERE

LINE UP RIGHT HEEL HERE



**BLISTER**  
PREVENTION

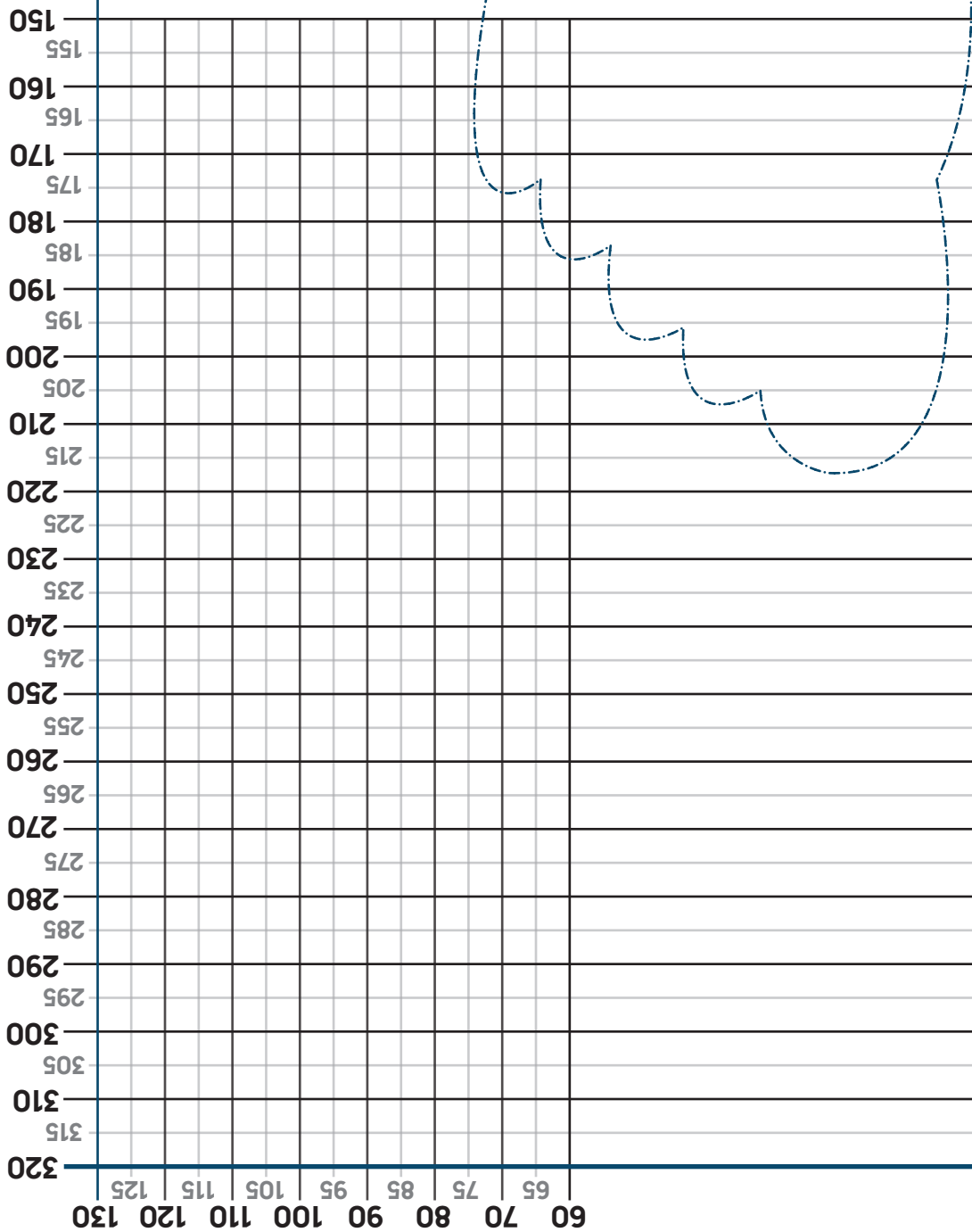


Fold black section, ensure arrow tips are touching each other, and then secure both pages with tape

Fold black section, ensure arrow tips are touching each other, and then secure both pages with tape



LINE UP LEFT HEEL HERE



LINE UP INSIDE OF RIGHT FOOT HERE



**BLISTER**  
PREVENTION

## HOW TO MEASURE YOUR FEET

1. Print the Size Chart at 100% scale.
2. Check the scale is correct using a ruler against the chart. If the grid does not measure in 5mm increments, check your print settings and ensure you print at 100% scale (not 'fit to page').
3. Fold/Cut along the black section as indicated, ensuring the arrow tips align and then secure with tape.
4. Place the chart on a flat hard floor surface (ie. not gravel, that would hurt!).
5. Stand on the chart and line up each heel and the inside of each foot along the thick lines. **Left foot = Orange. Right foot = Blue.**
6. Trace around each foot, one at a time. Unless you're incredibly flexible!
7. Inspect your tracing to determine your longest toe and foot width.
8. Read the corresponding measurement on the chart (in millimetres).

### Note

- Refer to the foot outline on the chart to know where to place your foot (**Left foot = Orange; Right foot = Blue**)
- Your big toe may not be your longest toe. Lots of people have a longer 2nd toe. It will become apparent from your tracing on the grid.
- Always select a shoe size based on your longest foot.
- A sizing chart will suggest your shoe size based on your foot length PLUS an appropriate amount of extra room so your toes aren't sitting right at the end of the shoe.
- Refer to our size guides for shoe-fit recommendations. Or, email a photo of your trace to [support@blisterpod.com](mailto:support@blisterpod.com) if you have further questions.