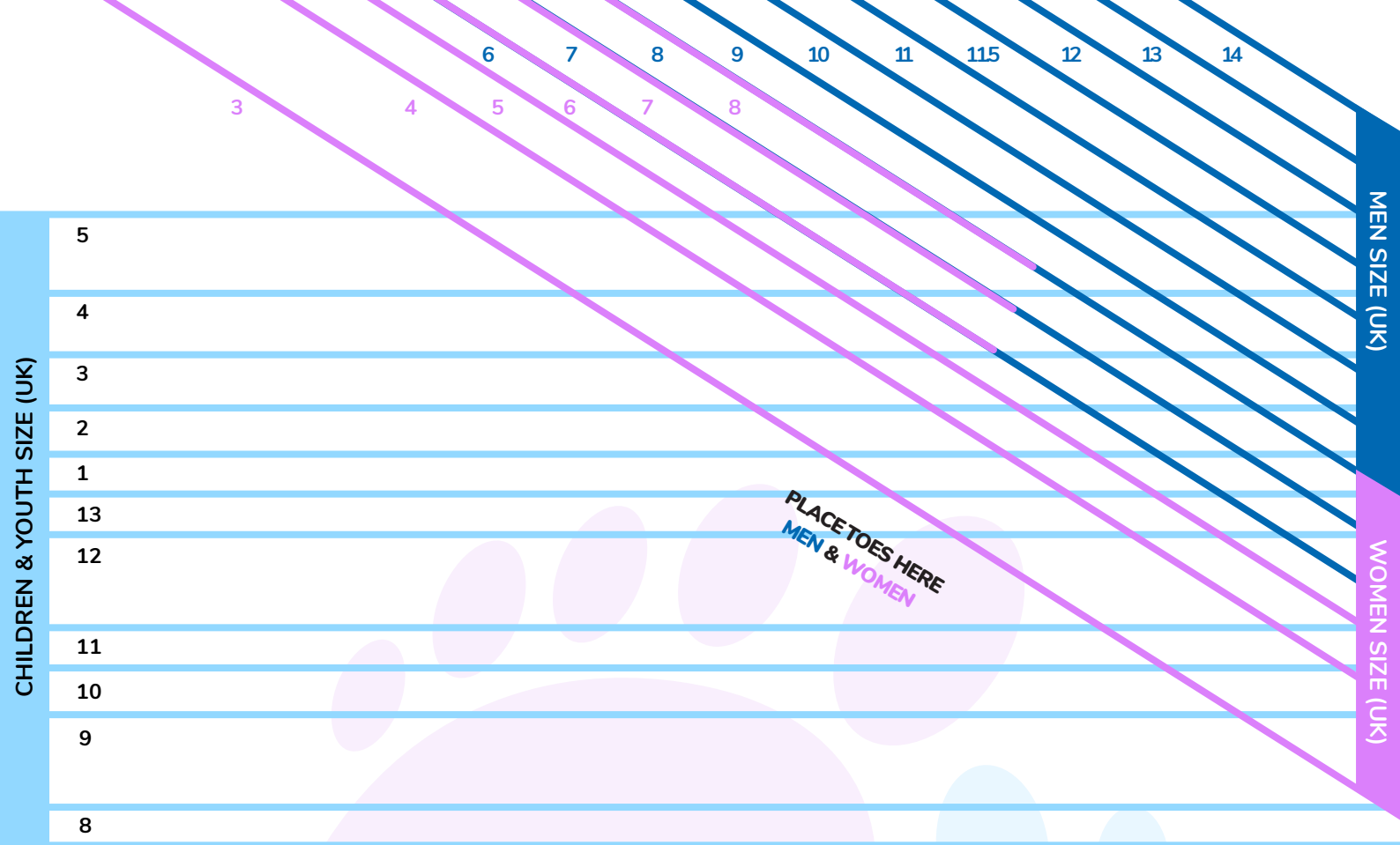




HOW TO FIND YOUR SHOE SIZE FOR MEN & WOMEN

1. **Print the A4 page guide to 100%.** (do not print fit to page).
2. Using a ruler, check the 30 mm measuring line is printed to scale.
3. Place your **RIGHT** bare foot in the bottom left corner, diagonally on the page at the line marked: **PLACE YOUR HEEL HERE** with your toes pointing towards the opposite corner of the page marked: **PLACE YOUR TOES HERE**
4. Mark the position of your longest toe on the chart it might be your big toe or second toe.
5. With your **LEFT** bare foot, repeat steps 3 and 4.
6. For optimal natural foot movement, allow between 6 -14 mm additional toe space from the end of your longest toe. (Narrower feet may prefer just less than 6 mm space. Wider feet may prefer more than 14 mm space.)

HOW TO FIND YOUR SHOE SIZE FOR CHILDREN & YOUTH

1. **Print the A4 page guide to 100%.** (do not print fit to page).
2. Using a ruler, check the 30 mm measuring line is printed to scale.
3. Place your **RIGHT** bare foot on the bottom right corner, on the page at the line marked: **PLACE YOUR HEEL HERE** with your toes pointing towards the page marked: **PLACE YOUR TOES HERE**
4. Mark the position of your longest toe on the chart it might be your big toe or second toe.
5. With your **LEFT** bare foot, repeat steps 3 and 4.
6. For optimal natural foot movement, allow between 6 -14 mm additional toe space from the end of your longest toe. (Narrower feet may prefer just less than 6 mm space. Wider feet may prefer more than 14 mm space.)



Softer x Veldskoen
Comfort for your Sole THE SOLE OF SOUTH AFRICA

PLACE HEEL HERE MEN & WOMEN

PLACE HEEL HERE CHILDREN & YOUTH