



## Friendly Shoes Size Guide

Helping you find the right size shoe.

1. Measure your foot length in cm.
  - You may find it easier to trace the sole of your foot (including orthotic if you wear one) on a piece of paper on the floor. Keep the pen as straight as possible for the most accurate drawing. Then measure from the back of the heel to the end of the longest toe.
2. On the size chart below (adults or kids), find the foot length closest to yours.
  - If your foot length is between sizes, choose the bigger size.
3. Measure around the widest part of your foot in cm.
4. On the size chart below (adults or kids), find the width closest to yours.
  - If your foot width is between sizes, choose the bigger size.
5. If your width and length correspond to two different shoe sizes, you will need to choose the bigger shoe size.
6. For particularly wide feet or AFO wearers, you are likely to measure one to two sizes larger for width than length.
  - Removing the insole will add an extra approx 1.3cm in width (adults) and 0.8cm in width (kids).

## Men's & Women's Size Guide

All measurements are in cm.

Friendly UK Size (Across Men's, Women's and Unisex)	FOOT LENGTH	SHOE INSOLE LENGTH	FOREFOOT CIRCUMFERENCE		SHOE FOREFOOT CIRCUMFERENCE	
			EXCURSION AND FORCE	VOYAGE	EXCURSION AND FORCE	VOYAGE
SIZE 3	22.2 CM	23.2 CM	23.0 CM	21.2 CM	23.6 CM	23.0 CM
SIZE 4	23.0 CM	24.0 CM	23.6 CM	21.8 CM	24.2 CM	23.6 CM
SIZE 5	23.9 CM	24.9 CM	24.2 CM	22.5 CM	24.8 CM	24.2 CM
SIZE 6	24.7 CM	25.7 CM	24.8 CM	23.1 CM	25.4 CM	24.8 CM
SIZE 7	25.5 CM	26.5 CM	25.4 CM	23.7 CM	26.0 CM	25.4 CM
SIZE 8	26.4 CM	27.4 CM	26.0 CM	24.3 CM	26.6 CM	26.0 CM
SIZE 9	27.2 CM	28.2 CM	26.6 CM	26.6 CM	27.2 CM	26.6 CM
SIZE 10	28.0 CM	29.0 CM	28.2 CM	27.2 CM	29.0 CM	27.2 CM
SIZE 11	28.8 CM	29.8 CM	27.8 CM	27.8 CM	28.4 CM	27.8 CM
SIZE 12	29.7 CM	30.7 CM	29.5 CM	28.4 CM	30.1 CM	28.4 CM
SIZE 13	30.5 CM	31.5 CM	29.0 CM	-	29.6 CM	-

# Kids' Shoes Size Guide

All measurements are in cm.

<b>KIDS FRIENDLY SIZE</b>	<b>FOOT LENGTH</b>	<b>SHOE INSOLE LENGTH</b>	<b>FOREFOOT CIRCUMFERENCE</b>	<b>SHOE FOREFOOT CIRCUMFERENCE</b>
KIDS SIZE 10	17.1 CM	18.1 CM	19.0 CM	19.4 CM
KIDS SIZE 11	18.0 CM	19.0 CM	18.6 CM	20.0 CM
KIDS SIZE 12	18.8 CM	19.8 CM	20.2 CM	20.6 CM
KIDS SIZE 13	19.7 CM	20.7 CM	20.8 CM	21.2 CM
KIDS SIZE 1	20.5 CM	21.5 CM	21.4 CM	21.8 CM
KIDS SIZE 2	21.4 CM	22.4 CM	22.0 CM	22.4 CM
KIDS SIZE 3	22.2 CM	23.2 CM	22.6 CM	23.0 CM
KIDS SIZE 4	23.0 CM	24.0 CM	23.2 CM	23.6 CM
KIDS SIZE 5	23.9 CM	24.9 CM	23.8 CM	24.2 CM