soleracks
men⁕s footwear hub
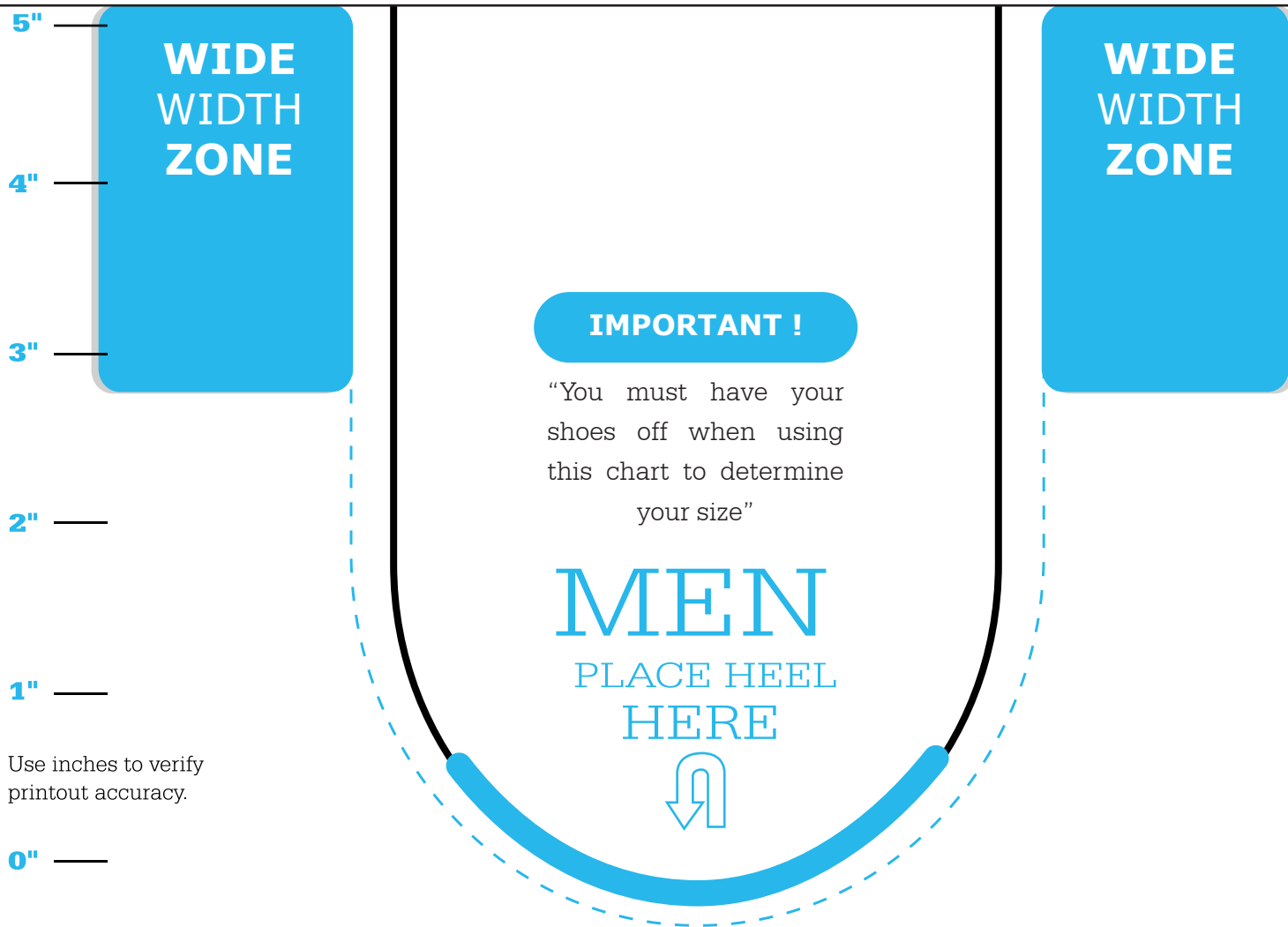
Men's Foot Sizing Chart

For shoe sizing accuracy, we recommend printing both pages of this document on 8.5"x11" paper at 100% (full size).

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

12"

11"

10"

9"

8"

7"

6"

WIDE WIDTH **ZONE**

WIDE WIDTH **ZONE**

RIGHT INSTEP LINE

LEFT INSTEP LINE

5"

4"

3"

2"

1"

0"

WIDE WIDTH **ZONE**

WIDE WIDTH **ZONE**

Use inches to verify printout accuracy.

IMPORTANT !

"You must have your shoes off when using this chart to determine your size"

MEN

PLACE HEEL HERE

## How To Determine Your Size:

For best results you must place your heel along the solid line at the base of the chart, lean and place your weight on the foot you're measuring and relax. The line that touches your longest toe indicates the size and the shorter lines show half sizes. It's important to measure your both feet, as usually one is bigger than the other. The size you will finally purchase should be the one of the largest foot.

How to determine your width:
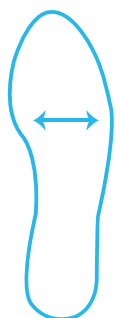
For your right foot align the center of your foot (the instep) with the solid instep line on the left of the chart. If the outside of your right foot sneaks into the grey Wide Width Zone you may want to consider and wide with shoe. Same thing must be done for your other foot as well.