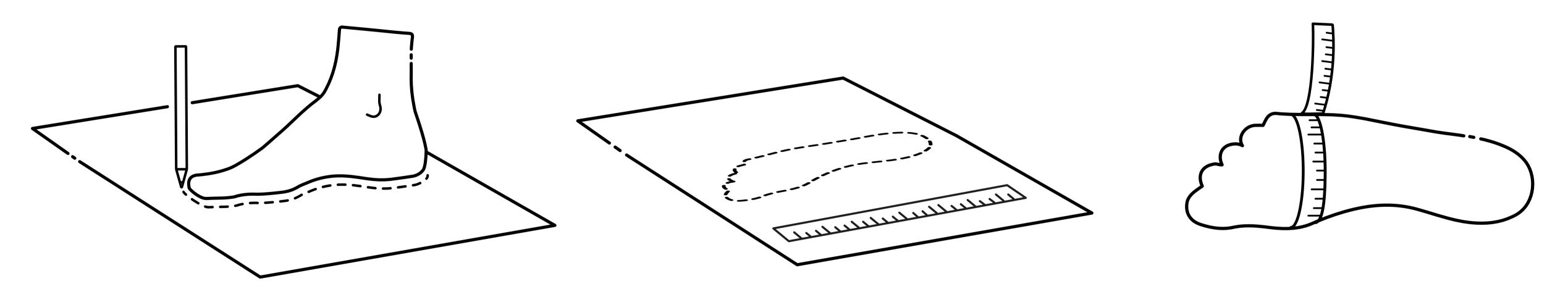
# Find your perfect SECURLITE

EUR	UK	US	FOOT LENGTH INCH/CM	INSTEP INCH/CM
36	4	6	8,97 / 23	8,89 / 22,8
37	4,5	6,5	9,24 / 23,7	9,08 / 23,3
38	5,5	7,5	9,51 / 24,4	9,28 / 23,8
39	6,5	8,5	9,75 / 25	9,43 / 24,2
40	7	9	10,02 / 25,7	9,63 / 24,7
41	8,5	9,5	10,25 / 26,3	9,78 / 25,1
42	9	10	10,53 / 27	9,98 / 25,6
43	10	11	10,80 / 27,7	10,14 / 26
44	10,5	11,5	11,07 / 28,4	10,33 / 26,5
45	11,5	12,5	11,31 / 29	10,49 / 26,9
46	12	13	11,58 / 29,7	10,68 / 27,4

# How to measure?



With a pencil, trace carefully around your foot, creating an outline. Make sure that the pencil is always perpendicular to the sheet.

## 2

With a ruler, measure the length of each foot. Take 5 mm out (which is the size of the pencil) and record the length of the longest foot.

## 3

Place the measuring tape\* around the instep. Pull it snug, not tight. Measure around the instep of each foot and record the larger one.

### NOTE:

These measures should be taken at the end of the day, since the feet tend to swell along the day. They should also be taken with your socks on, that will possibly be used with the new shoes.

\*In case you don't have a measuring tape, place a thread around your instep and measure the result with the ruler.