1. Stand up
   - Take off your shoes
   - Position your right heel firmly on heel line

2. Measure the length of your feet
   - Keep your socks snug but not restrictive against your toes
   - Press your toes flat against base of sizer
   - Look straight down over longest toe
   - See the line that it touches for your shoe size

3. Measure the width
   - Keep your heel on heel line
   - Align your right foot's left side to sizer's left side
   - Determine where this foot's right edge falls
   - Choose your width by the letters in the gray shaded area.

*Remember to measure both feet!

Baby: 0-4, Toddler: 2-10.5, Pre-School: 11-3
Grade School: 3.5-7, Kids: 11-7