



TREKSTA FOOTWEAR - SIZING GUIDE

How to measure your foot....

* Place the edge of a sheet of paper against a wall on a hard floor surface (not carpet).

* Put your heel against the wall and relax your toes and mark a line on the paper to the end of your big toe, do this for both feet (make sure you are wearing socks).

*Measure both feet and take the longest measurement.

*Find your **Actual Foot Measurement** in the table below and then find the corresponding size in **US sizing**. This is the size you should select when ordering your footwear.

Don't add wriggle room to the measurement, we have already allowed for that in our foot length dimensions below.

And if the shoes don't fit, return them and we'll swap your size OR give you a full refund...

FOOTWEAR WOMEN'S										
Actual Foot Measurement (mm)	220-225	225-230	230-235	235-240	240-245	245-250	250-255	255-260	260-265	265-270
US Women's	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5
UK Women's	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5
Euro Women's	37	37.5	38	38.5	39	39.5	40	41	42	43
Inside Shoe Measurement (mm)	230	235	240	245	250	255	260	265	270	275

FOOTWEAR MEN'S												
Actual Foot Measurement (mm)	240-245	245-250	250-255	255-260	260-265	265-270	270-275	275-280	280-285	285-290	290-295	295-300
US Men's	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13
UK Men's	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12
Euro Men's	39	39.5	40	41	42	43	44	44.5	45	45.5	46	47
Inside Shoe Measurement (mm)	250	255	260	265	270	275	280	285	290	295	300	305