

## Fitting & Size Guide

We at Custom Foot Australia only sell the Birkenstock footwear in the **soft footbed range** and in European adult sizes 35 to 48, and in wide/regular or the narrow width.

To get the maximum benefit from your Birkenstock footwear it is important that you wear the correct size and we have provided a size and fitting guide in both widths for your convenience.

To measure your foot accurately:

1. Measure the length of your foot by standing on a flat surface with your full weight on your foot, then measure the distance from the back of your heel to the tip of your longest toe.
2. Add 10mm to your foot length to allow your foot room to move. This will give you the *footbed length* you need to find your size.
3. Measure the width of your foot across the broadest point. Compare your foot width measurement to the footbed width in your size to see if you will need a narrow or regular width.

**For example: Your foot measures 240mm long and 95mm wide. Add another 10mm to your foot's length and you will find you fit a size Size 39 (250mm Footbed Length). At that length and size, the Regular Width footbed of 97mm will fit your foot properly.**

ADULT SIZE	FOOT LENGTH	FOOT WIDTH	ADULT SIZE	FOOT LENGTH	FOOT WIDTH
35 Regular	225mm	89 mm	35 Narrow	225mm	85 mm
36 Regular	230mm	91mm	36 Narrow	230mm	87 mm
37 Regular	240mm	93mm	37 Narrow	240mm	89mm
38 Regular	245mm	95mm	38 Narrow	245mm	91mm
39 Regular	250mm	97mm	39 Narrow	250mm	93mm
40 Regular	260mm	99mm	40 Narrow	260mm	95mm
41 Regular	265mm	101mm	41 Narrow	265mm	97mm
42 Regular	270mm	102mm	42 Narrow	270mm	99mm
43 Regular	280mm	103mm	43 Narrow	280mm	101mm
44 Regular	285mm	107mm	44 Narrow	285mm	103mm
45 Regular	290mm	109mm	45 Narrow	290mm	105mm
46 Regular	300mm	113mm	46 Narrow	300mm	107mm
47 Regular	305mm	115mm	47 Narrow	305mm	109mm
48 Regular	310mm	117mm	48 Narrow	310mm	111mm