

## SIZE CHART ALTRA WOMEN

**(Petri's update to Altra's size charts on July 9th, 2024.)** Although Altra itself uses the same size chart for all its shoes, we have now taken into account the actual size differences of the Altras shoes we sell in our own instructions. So the shoes are not the same length in different models, even if they are the same size! It is necessary to take the size differences into account so that ordering the right size, especially from the online store, is more successful.

If you are buying an Altra model for the first time, do the following:

- 1) First check the length of your feet according to the following instructions:
  - a) Place the paper on the hard floor next to the wall and step on it BAREFOOT, making sure your heel touches the wall behind you.
  - b) Mark the end of your big toe or the outermost part of your toes on a piece of paper and repeat the procedure with your other foot. Make your instep as long as possible to make the measurement more successful.
  - c) Measure the distance from the edge of the paper to the big toe or the end of the outer part (at a 90 degrees angle) to the paper and write it down for yourself.
- 2) After this, add millimeters as shown below to the length of YOUR LONGER FOOT as follows:
  - Lone Peak 8 / +0-4 mm.
  - Lone Peak 8 WIDE / +0-4 mm (there is no need to go bigger here, even if you have a particularly wide foot)
  - Lone Peak 8 All Weather Mid / +4-8 mm
  - Escalante 3 / +2-6 mm
  - Escalante 4, Torin 7 and Paradigm 7 / 0-4 mm
  - Outroad 2 / +4-8 mm (if you have a particularly wide foot, take another model)
- 3) Finally, choose the right size of the shoe from the following table by choosing a shoe whose inside measurement (the length of your foot + model-specific extra) fits into the frames above. If you have a particularly wide foot, take a bigger size (excl. Lone Peak Wide) and avoid the Outroad, as it has a narrower design.

Inner length of the shoe	22 cm	22.5 cm	23 cm	23.5 cm	24 cm	24.5 cm	25 cm	25.5 cm	26 cm	26.5 cm	27 cm	27.5 cm	28 cm	28.5 cm
EU	36	37	37.5	38	38.5	39	40	40.5	41	42	42.5	43	44	44.5
UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10
US	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12

- 4) If there is anything unclear, ask: [info@petrisbarefoot.com](mailto:info@petrisbarefoot.com) - we try to answer within two / three hours at the latest.

**PETRI'S BAREFOOT - kaikki lähtee kengistä!**  
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