

Size chart - Be Lenka Barebarics PolarStride

Size	Width	Length
36	9,2	23,2
37	9,3	23,9
38	9,5	24,6
39	9,7	25,2
40	9,8	25,9
41	10	26,6
42	10,1	27,2
43	10,3	27,9

The size chart indicates the inner length and width OF THE SHOE in centimetres.

Measure your feet length as described down **AND THEN add an extra 0.5-1.2 cm to the length of your foot, and you will get the ideal size of your shoe.**

(PETRI'S TIP - add 1 cm (especially in winter boots with insulation!) and that should be ok! 0,5 cm seems to be too little in some models. Choose the bigger model if you are in between two models)

How to measure your foot correctly?

- 1) Place a blank A4-sized paper on a flat, smooth and even surface.
- 2) Step onto the paper with all your weight on the leg.
- 3) Use a pen/pencil to mark the heel and the farthest point from the heel (beware, it may not always be the big toe)
- 4) Measure the distance between these two points on feet with a ruler (the difference can be ± 0.5 cm)
- 5) The number obtained is the length of your foot

6) Add an extra 0.5-1.2 cm to the length of your foot, and you will get the ideal size of your shoe.

(PETRI'S TIP - add 1 cm (especially in winter boots with insulation!) and that should be ok with the size! 0,5 cm seems to be too little in some models. Choose the bigger model if you are in between two models)

7) Find your correct shoe size from the above measurements by referring to the size chart.