



Measuring Instructions

You will need:

Tape measure (for dressmakers)

Piece of A4 size paper

Pencil/ pen and ruler

During the day, feet tend to swell and get larger, so measure your feet at the end of the day while sitting on a chair. It might be helpful to get yourself an assistant!

Step 1 - Length

Depending how you want to wear your new shoes (tights/ socks), wear something similar when measuring. Place your foot on a piece of paper and draw closely around your foot. Mark the back of your heel and the front-most part of your foot (note: this does not always translate to the big toe). Draw a straight line between the marks and measure the distance.

Record the measurement in the form on page 2.

Step 2 – Width

Put your measuring tape on the ground.

Step on the tape and put your foot firmly to the ground.

Find the widest point of your foot and measure the circumference (i.e. measure completely around your foot at this point). In general, this is the point/ bone just below your little toe to the point/ bone just below your big toe. You will find that the tape measure will sit on a slight angle. Pull the tape snug without constricting and be sure to avoid adding your fingers to the measurement.

Record the measurement in the form on page 2.

Step 3 – Instep

Move your finger along the outside of your foot in order to find a small bone that is sticking out. Alternatively, you can look for the highest point of your arch.

Step on the measure tape again (just where that little bone/ the arch is).

Wrap the tape around your foot and record the measurement in the form on page 2.

Step 4 – Ankle

Identify your ankle-bone.

Wrap the tape around your leg 2.5cm above your ankle-bone (2.5 cm = 1 inch).

Record the measurement in the form on page 2.

Repeat all steps with the other foot. It is highly likely that one of your feet is slightly longer than the other – which is absolutely normal.

Fill in your details, answer the questions and send this sheet to us by
Email: shoes@idealhusband.com.au OR Regular Post: P.O. Box 1201, Nightcliff, NT 0814, Australia.
PLEASE INCLUDE the drawing of the outline of both your feet.

NAME: _____

EMAIL ADDRESS: _____

LENGTH	Left Foot =	Right Foot =
WIDTH	Left Foot =	Right Foot =
INSTEP	Left Foot =	Right Foot =
ANKLE	Left Foot =	Right Foot =

QUESTIONS (please circle the correct answer)

ADDITIONAL INFORMATION:

Do you have:

- Flat feet
- Standard Feet
- High Arches/ Instep
- Not sure

Are your feet:

- Narrow
- Somewhat narrow
- Standard
- Somewhat wide
- Wide

Are your calves:

- Narrow
- Somewhat narrow
- Standard
- Somewhat wide
- Wide

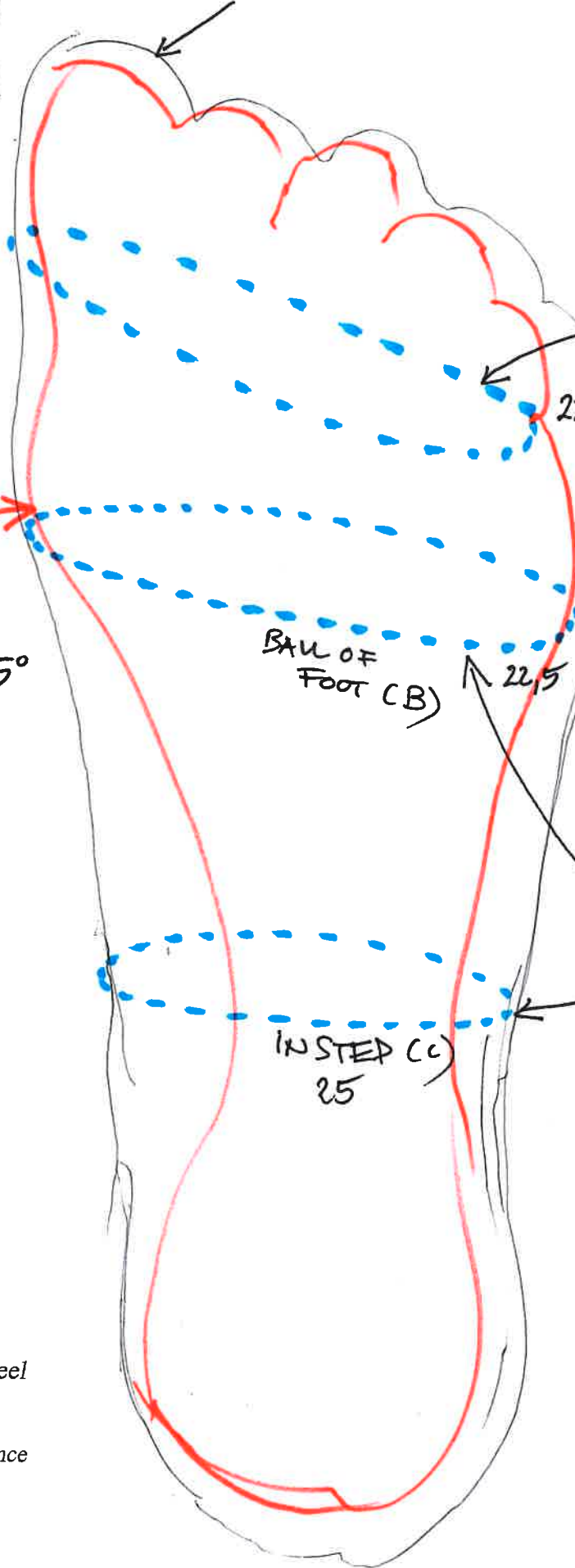


EXAMPLE
FOOT DRAWING

STEP 1

90°

HOLD PEN
AT 90° TO
DRAW
OUTER LINE



TOES (A)

22cm

BALL OF
FOOT (B)

22.5

INSTEP (C)
25

STEP 3
TAPE
MEASURE

MEASURE ALL
THE WAY
AROUND THE
FOOT AT THE
TOES (A)
BALL OF FOOT (B)
INSTEP (C)

STEP 2 45°

HOLD PEN AT 45°
TO DRAW INSIDE
LINE.

Step 4

For boots - measure around heel
to ankle at the widest point.

heel circumference

