

# BIRKENSTOCK®

## How to measure your foot length

Stand with the heel to a wall and put a measuring tape under your feet

Read off the measured foot length in millimeters before your longest toe

If you are between two sizes, choose the next higher, because feet are minimally greater under load

Size Conversion Chart					
WOMEN		MEN		KIDS	
U.S. Size	Birkenstock Size	U.S. Size	Birkenstock Size	U.S. Size	Birkenstock Size
4 - 4 1/2	35	7 - 7 1/2	40	6 - 6 1/2	24
5 - 5 1/2	36	8 - 8 1/2	41	7 - 7 1/2	25
6 - 6 1/2	37	9 - 9 1/2	42	8 - 8 1/2	26
7 - 7 1/2	38	10 - 10 1/2	43	9 - 9 1/2	27
8 - 8 1/2	39	11 - 11 1/2	44	10 - 10 1/2	28
9 - 9 1/2	40	12 - 12 1/2	45	11 - 11 1/2	29
10 - 10 1/2	41	13 - 13 1/2	46	12 - 12 1/2	30
11 - 11 1/2	42	14 - 14 1/2	47	13 - 13 1/2	31
		15 - 15 1/2	48	1 - 1 1/2	32
		16 - 16 1/2	49	2 - 2 1/2	33
		17 - 17 1/2	50	3 - 3 1/2	34
Note: Birkenstock Footwear is made in European sizes					



Woman's Widths

Mens's Width

**Regular:**  
American width equivalent C-D

**Regular:**  
American width equivalent D-EE

**Narrow:**  
American width equivalent A-B

**Narrow:**  
American width equivalent B-C

## ADJUSTING

Before trying them on, put one hand under the toe and one under the heel, then flex the footbed a few times. This will initiate the break in period and will help your new sandals feel comfy sooner.

Open all straps and step into the footbed. Close the straps comfortably, leaving enough space to allow your feet the freedom of movement. Exhale and enjoy.

## WEARING

For the first five or six times you wear your new footwear, limit the time to just a few hours. This allows your feet and body to gradually get used to the contoured arch support as well as the straps and buckles.