



## SIZE CHART - INDEX

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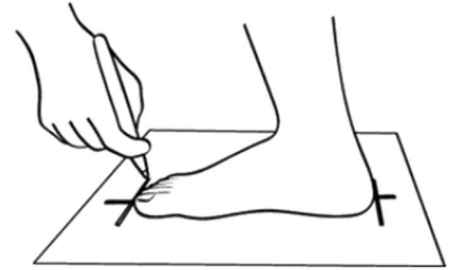
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# How to Measure Footwear

## HOW TO MEASURE

If you are unsure which shoe size to purchase, please follow the below steps:

1. Trace the outline of each foot on a piece of paper.
2. In a straight line from the middle of the heel to the longest toe, measure the length of each foot.
3. If one foot is longer than the other, take the larger measurement and compare to the chart on the next page. Foot length will determine your shoe size - round up or down to the closest size within 2mm.

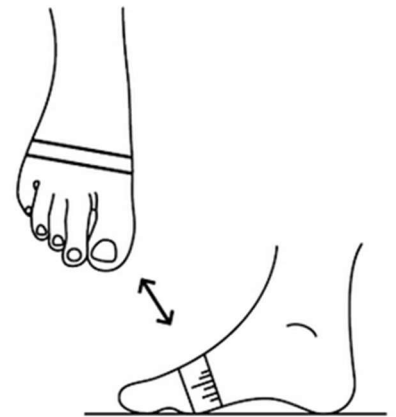


# Wide Footwear

## HOW TO MEASURE

If you are unsure which shoe width to purchase, please follow the below steps:

1. To find width, measure from just below the ball of your foot to the outside, below the base of the pinky toe.
2. Repeat for both feet: the larger measurement represents your foot width. Round up or down to the closest size within 0.5mm.



# Men's Apparel

## How to Measure:

If you are unsure which apparel size to purchase, please follow the below steps:



### 1 Chest

Run the tape measure around the fullest part of your chest and then relax your arms.

### 2 Waist

To find your natural waist, bend to the side and find the crease that forms, this is your waistline. Run the tape measure around your body at this point.

### 3 Hip

With your legs together, run the tape measure around the fullest part of your hip.

## Fit Guide:

### Fitted

This product is fitted and has less than 1:1 ease over body, meaning that it is form fitting. While not technically compressive, this fit is the closest thing to the feeling of a hug!

### Slim

This product fits close to body and is intended to comfortably fit over body without much excess. Its slim fit for a tailored feeling and gives you good range of movement for activities.

### Standard

This fit is our most classic fit – meaning fits that perfect in between – not too fitted and not too relaxed. Some may call this “classic” or “regular” fit.

### Relaxed

Loose fit for a roomy feeling, this style has more ease over body and will generally layer well over more fitted styles.

### Oversized

Oversized for a baggy and spacious feeling. If you prefer a more fitted look we recommend sizing down in these items.

# Women's Apparel

## How to Measure:

If you are unsure which apparel size to purchase, please follow the below steps:



### 1 Chest

Run the tape measure around the fullest part of your chest and then relax your arms.

### 2 Waist

Find the smallest part of your waistline. Run the tape measure around your body at this point.

### 3 Hip

With your legs together, run the tape measure around the fullest part of your hips.

## Fit Guide:

### Fitted

This product is fitted and has less than 1:1 ease over body, meaning that it is form fitting. While not technically compressive, this fit is the closest thing to the feeling of a hug!

### Slim

This product fits close to the body and is intended to comfortably fit over body without much excess. It's slim fit for a tailored feeling and gives you good range of movement for activities.

### Standard

This fit is our most classic fit -- meaning fits that perfect in between -- not too fitted and not too relaxed. Some may call this "classic" or "regular" fit.

### Relaxed

Loose fit for a roomy feeling, this style has more ease over body and will generally layer well over more fitted styles.

### Oversized

Oversized for a baggy and spacious feeling. If you prefer a more fitted look we recommend sizing down in these items.

# Men's Shoes

Foot Length (IN)	Foot Length (MM)	Regular Width Length (IN)	Regular Width Length (MM)	US	UK	Europe	Japan (CM)	Mexico (CM)	China
9" 1/16	230	3" 25/32	92	5	4.5	37 1/3	23	23	230
9" 7/32	234	3" 13/16	93	5.5	5	38	23.5	23.5	235
9" 13/32	239	3" 55/64	94	6	5.5	38 2/3	24	24	240
9" 9/16	243	3" 57/64	95	6.5	6	39 1/3	24.5	24.5	245
9" 23/32	247	3" 15/16	96	7	6.5	40	25	25	250
9" 7/8	251	3" 31/32	97	7.5	7	40 2/3	25.5	25.5	255
10" 5/64	256	4" 1/64	98	8	7.5	41 1/3	26	26	260
10" 15/64	260	4" 1/16	99	8.5	8	42	26.5	26.5	265
10" 25/64	264	4" 3/32	100	9	8.5	42 2/3	27	27	270
10" 35/64	268	4" 9/64	101	9.5	9	43 1/3	27.5	27.5	275
10" 45/64	272	4" 11/64	102	10	9.5	44	28	28	280
10" 29/32	277	4" 7/32	103	10.5	10	44 2/3	28.5	28.5	285
11" 1/16	281	4" 1/4	104	11	10.5	45 1/3	29	29	290
11" 7/32	285	4" 19/64	105	11.5	11	46	29.5	29.5	295
11" 3/8	289	4" 3/8	106	12	11.5	46 2/3	30	30	300
11" 37/64	294	4" 13/32	107	12.5	12	47 1/3	30.5	30.5	305
11" 47/64	298	4" 29/64	108	13	12.5	48	31	31	310
11" 57/64	302	4" 31/64	109	13.5	13	48 2/3	31.5	31.5	315
12" 3/64	306	4" 17/32	111	14	13.5	49 1/3	32	32	320
12" 1/4	311	4" 9/16	112	14.5	14	50	32.5	32.5	325
12" 13/32	315	4" 39/64	113	15	14.5	50 2/3	33	33	330

# Men's Shoes (WIDE)

Foot Length (IN)	Foot Length (MM)	2E Width Length (IN)	2E Width Length (MM)	4E Width Length (IN)	4E Width Length (MM)	US	UK	Europe	Japan (CM)	Mexico (CM)	China
9" 1/16	230	3" 15/16	100	4" 3/32	104	5	4.5	37 1/3	23	23	230
9" 7/32	234	3" 31/32	101	4" 9/64	105	5.5	5	38	23.5	23.5	235
9" 13/32	239	4" 1/64	102	4" 11/64	106	6	5.5	38 2/3	24	24	240
9" 9/16	243	4" 1/16	103	4" 7/32	107	6.5	6	39 1/3	24.5	24.5	245
9" 23/32	247	4" 3/32	104	4" 1/4	108	7	6.5	40	25	25	250
9" 7/8	251	4" 9/64	105	4" 19/64	109	7.5	7	40 2/3	25.5	25.5	255
10" 5/64	256	4" 11/64	106	4" 3/8	110	8	7.5	41 1/3	26	26	260
10" 15/64	260	4" 7/32	107	4" 13/32	111	8.5	8	42	26.5	26.5	265
10" 25/64	264	4" 1/4	108	4" 29/64	112	9	8.5	42 2/3	27	27	270
10" 35/64	268	4" 19/64	109	4" 31/64	113	9.5	9	43 1/3	27.5	27.5	275
10" 45/64	272	4" 3/8	110	4" 17/32	114	10	9.5	44	28	28	280
10" 29/32	277	4" 13/32	111	4" 9/16	115	10.5	10	44 2/3	28.5	28.5	285
11" 1/16	281	4" 29/64	112	4" 39/64	116	11	10.5	45 1/3	29	29	290
11" 7/32	285	4" 31/64	113	4" 41/64	117	11.5	11	46	29.5	29.5	295
11" 3/8	289	4" 17/32	114	4" 11/16	118	12	11.5	46 2/3	30	30	300
11" 37/64	294	4" 9/16	115	4" 23/32	119	12.5	12	47 1/3	30.5	30.5	305
11" 47/64	298	4" 39/64	116	4" 49/64	120	13	12.5	48	31	31	310
11" 57/64	302	4" 41/64	117	4" 51/64	121	13.5	13	48 2/3	31.5	31.5	315
12" 3/64	306	4" 11/16	119	4" 27/32	123	14	13.5	49 1/3	32	32	320
12" 1/4	311	4" 23/32	120	4" 7/8	124	14.5	14	50	32.5	32.5	325
12" 13/32	315	4" 49/64	121	4" 59/64	125	15	14.5	50 2/3	33	33	330

# Men's Apparel

## Centimeters

Size	Chest (cm)	Waist (cm)	Hip (cm)
XS	89-94	72.5-77.5	87.5-93
S	94-99	77.5-82.5	93-98
M	99-104	82.5-87.5	98-103
L	104-112	87.5-95	103-110.5
XL	117-119	95-105.5	110.5-118
XXL	119-127	105.5-113	118-126

## Inches

Size	Chest (inches)	Waist (inches)	Hip (inches)
XS	35-37"	28.5-30.5"	34.5-36.5"
S	37-39"	30.5-32.5"	36.5-38.5"
M	39-41"	32.5-34.5"	38.5-40.5"
L	41-44"	34.5-37.5"	40.5-43.5"
XL	46-47"	37.5-41.5"	43.5-46.5"
XXL	47-50"	41.5-44.5"	46.5-49.5"



# Women's Shoes

Foot Length (IN)	Foot Length (MM)	Regular Width Length (IN)	Regular Width Length (MM)	US	UK	Europe	Japan (CM)	Mexico (CM)	China
8" 21/32	220	3" 27/64	87	5	3.5	36	22	22	220
8" 13/16	224	3" 15/32	88	5.5	4	36 <sup>2/3</sup>	22.5	22.5	225
9" 1/64	229	3" 1/2	89	6	4.5	37 <sup>1/3</sup>	23	23	230
9" 11/64	233	3" 35/64	90	6.5	5	38	23.5	23.5	235
9" 21/64	237	3" 37/64	91	7	5.5	38 <sup>2/3</sup>	24	24	240
9" 31/64	241	3" 5/8	92	7.5	6	39 <sup>1/3</sup>	24.5	24.5	245
9" 41/64	245	3" 21/32	93	8	6.5	40	25	25	250
9" 27/32	250	3" 45/64	94	8.5	7	40 <sup>2/3</sup>	25.5	25.5	255
10" 5/32	254	3" 47/64	95	9	7.5	41 <sup>1/3</sup>	26	26	260
10" 5/32	258	3" 25/32	96	9.5	8	42	26.5	26.5	265
10" 5/16	262	3" 13/16	97	10	8.5	42 <sup>2/3</sup>	27	27	270
10" 33/64	267	3" 55/64	98	10.5	9	43 <sup>1/3</sup>	27.5	27.5	275
10" 43/64	271	3" 57/64	99	11	9.5	44	28	28	280
10" 53/64	275	3" 15/16	100	11.5	10	44 <sup>2/3</sup>	28.5	28.5	285

# Women's Shoes (WIDE)

Foot Length	Foot Length (MM)	D Width Length	D Width Length (MM)	US	UK	Europe	Japan (CM)	Mexico (CM)	China
8" 21/32	220	3" 21/32	93	5	3.5	36	22	22	220
8" 13/16	224	3" 45/64	94	5.5	4	36 <sup>2/3</sup>	22.5	22.5	225
9" 1/64	229	3" 47/64	95	6	4.5	37 <sup>1/3</sup>	23	23	230
9" 11/64	233	3" 25/32	96	6.5	5	38	23.5	23.5	235
9" 21/64	237	3" 13/16	97	7	5.5	38 <sup>2/3</sup>	24	24	240
9" 31/64	241	3" 55/64	98	7.5	6	39 <sup>1/3</sup>	24.5	24.5	245
9" 41/64	245	3" 57/64	99	8	6.5	40	25	25	250
9" 27/32	250	3" 15/16	100	8.5	7	40 <sup>2/3</sup>	25.5	25.5	255
10" 31/32	254	3" 31/32	101	9	6.5	41 <sup>1/3</sup>	26	26	260
10" 5/32	258	4" 1/64	102	9.5	8	42	26.5	26.5	265
10" 5/16	262	4" 1/16	103	10	8.5	42 <sup>2/3</sup>	27	27	270
10" 33/64	267	4" 3/32	104	10.5	9	43 <sup>1/3</sup>	27.5	27.5	275
10" 43/64	271	4" 9/64	105	11	9.5	44	28	28	280
10" 53/64	275	4" 11/64	106	11.5	10	44 <sup>2/3</sup>	28.5	28.5	285

# Women's Apparel

## Centimeters

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
Chest	84-86	89-91	94-96	99-101	107-109
Waist	64-66	69-71	74-76	79-81	86-89
Hip	89-91	94-96	99-101	104-107	112-114

## Inches

	<b>XS</b>	<b>S</b>	<b>M</b>	<b>L</b>	<b>XL</b>
Chest	33-34"	35-36"	37-38"	39-40"	42-43"
Waist	25-26"	27-28"	29-30"	31-32"	34-35"
Hip	35-36"	37-38"	39-40"	41-42"	44-45"

# Kids' Shoes

## Centimeters

Size	<b>3.5 Youth</b>	<b>4 Youth</b>	<b>4.5 Youth</b>	<b>5 Youth</b>	<b>5.5 Youth</b>	<b>6 Youth</b>	<b>6.5 Youth</b>	<b>7 Youth</b>
Foot Length (cm)	22	22.5	23	23.5	24	24.5	25	25.5

## Inches

Size	<b>3.5 Youth</b>	<b>4 Youth</b>	<b>4.5 Youth</b>	<b>5 Youth</b>	<b>5.5 Youth</b>	<b>6 Youth</b>	<b>6.5 Youth</b>	<b>7 Youth</b>
Foot Length (cm)	8.66"	8.86"	9.06"	9.25"	9.45"	9.65"	9.84"	10.04"

# All Gender Shoe Sizes

US	UK	Europe	Japan (CM)	Mexico (CM)	China
M4/W5	3½	36	22	22	220
M4½/W5½	4	36½	22½	22½	225
M5/6	4½	37½	23	23	230
M5½/W6½	5	38	23½	23½	235
M6/W7	5½	38½	24	24	240
M6½/W7½	6	39½	24½	24½	245
M7/W8	6½	40	25	25	250
M7½/W8½	7	40½	25½	25½	255
M8/W9	7½	41½	26	26	260
M8½/W9½	8	42	26½	26½	265
M9/W10	8½	42½	27	27	270
M9½/W10½	9	43½	27½	27½	275
M10/W11	9½	44	28	28	280
M10½/W11½	10	44½	28½	28½	285
M11/W12	10½	45½	29	29	290
M11½/W12½	11	46	29½	29½	295
M12/W13	11½	46½	30	30	300
M12½/W13½	12	47½	30½	30½	305
M13/W14	12½	48	31	31	310
M13½/W14½	13	48½	31½	31½	315
M14/W15	13½	49½	32	32	320
M15/W16	14½	50½	33	33	330

# All Gender Shoe Sizes (WIDE)

Foot Length (IN)	Foot Length (MM)	2E Width Length (IN)	2E Width Length (MM)	4E Width Length (IN)	4E Width Length (MM)	US	UK	Europe	Japan (CM)	Mexico (CM)	China
9" 1/16	230	3" 15/16	100	4" 3/32	104	5	4.5	37 <sup>1/3</sup>	23	23	230
9" 7/32	234	3" 31/32	101	4" 9/64	105	5.5	5	38	23.5	23.5	235
9" 13/32	239	4" 1/64	102	4" 11/64	106	6	5.5	38 <sup>2/3</sup>	24	24	240
9" 9/16	243	4" 1/16	103	4" 7/32	107	6.5	6	39 <sup>1/3</sup>	24.5	24.5	245
9" 23/32	247	4" 3/32	104	4" 7/32	108	7	6.5	40	25	25	250
9" 7/8	251	4" 9/64	105	4" 19/64	109	7.5	7	40 <sup>2/3</sup>	25.5	25.5	255
10" 5/64	256	4" 11/64	106	4" 3/8	110	8	7.5	41 <sup>1/3</sup>	26	26	260
10" 15/64	260	4" 7/32	107	4" 13/32	111	8.5	8	42	26.5	26.5	265
10" 25/64	264	4" 1/4	108	4" 29/64	112	9	8.5	42 <sup>2/3</sup>	27	27	270
10" 35/64	268	4" 19/64	109	4" 31/64	113	9.5	9	43 <sup>1/3</sup>	27.5	27.5	275
10" 45/64	272	4" 3/8	110	4" 17/32	114	10	9.5	44	28	28	280
10" 29/32	277	4" 13/32	111	4" 9/16	115	10.5	10	44 <sup>2/3</sup>	28.5	28.5	285
11" 1/16	281	4" 29/64	112	4" 39/64	116	11	10.5	45 <sup>1/3</sup>	29	29	290
11" 7/32	285	4" 31/64	113	4" 41/64	117	11.5	11	46	29.5	29.5	295
11" 3/8	289	4" 17/32	114	4" 11/16	118	12	11.5	46 <sup>2/3</sup>	30	30	300
11" 37/64	294	4" 9/16	115	4" 23/32	119	12.5	12	47 <sup>1/3</sup>	30.5	30.5	305
11" 47/64	298	4" 39/64	116	4" 49/64	120	13	12.5	48	31	31	310
11" 57/64	302	4" 41/64	117	4" 51/64	121	13.5	13	48 <sup>2/3</sup>	31.5	31.5	315
12" 3/64	306	4" 11/16	119	4" 27/32	123	14	13.5	49 <sup>1/3</sup>	32	32	320
12" 1/4	311	4" 23/32	120	4" 7/8	124	14.5	14	50	32.5	32.5	325
12" 13/32	315	4" 49/64	121	4" 59/64	125	15	14.5	50 <sup>2/3</sup>	33	33	330

# All Gender Apparel

## Centimeters

	XXS	XS	S	M	L	XL
Chest	84-89	89-94	94-99	99-104	104-112	117-119
Waist	67-72	72-77	77-82	82-87	88-95	95-105
Hip	82-88	88-93	93-98	98-103	103-110	110-118

## Inches

	XXS	XS	S	M	L	XL
Chest	33-35"	35-37"	37-39"	39-41"	41-44"	46-47"
Waist	26.5-28.5"	28.5-30.5"	30.5-32.5"	32.5-34.5"	34.5-37.5"	37.5-41.5"
Hip	32.5-34.5"	34.5-36.5"	36.5-38.5"	38.5-40.5"	40.5-43.5"	43.5-46.5"

# All Gender Sock Guide

Shoe Size	Sock Size
W 4-6.5	S
W 6-10 M 6-8	M
W 10-13 M 8-12	L
M 12-15	XL

## Sources:

<https://www.hoka.com/en/ca/sizing-information.html>