

We get our **shoe size** right most times. The disappointment comes when we get it wrong, especially if it's bought online! Is there an accurate & clear-cut way to determine size?

How do we normally decide our shoe size?

- Past experience
- Trial & error
- Measure at home & convert to appropriate size
- Brannock device

Take Note! Fit varies from brand to brand, style to style, and country to country. To add to the complication, there are multiple international sizes!



[Credit: Wikimedia Commons]

Some of the shoe charts available and there are many more that we are not aware of!

Adult Mens and Womens Shoe Size Conversion Table																	
MW indicates Men's or Women's Sizes. Other systems are for either gender.																	
System	Sizes														System		
Europe	35	35½	36	37	37½	38	38½	39	40	41	42	43	44	45	46½	48%	Europe
Mexico						4.5	5	5.5	6	6.5	7	7.5	9	10	11	12.5	Mexico
Japan	M 21.5	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27.5	28.5	29.5	30.5	31.5	Japan
U.K.	M 3	3½	4	4½	5	5½	6	6½	7	7½	8	8½	10	11	12	13%	U.K.
Australia	M 3	3½	4	4½	5	5½	6	6½	7	7½	8	8½	10	11	12	13%	Australia
U.S. & Canada	M 3½	4	4½	5	5½	6	6½	7	7½	8	8½	9	10½	11½	12½	14	U.S. & Canada
Russia & Ukraine	W 33½	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	Russia & Ukraine
Korea (mm)	228	231	235	238	241	245	248	251	254	257	260	267	273	279	285	292	Korea
Inches	9	9½	9¾	9¾	9¾	9¾	9¾	9¾	10	10½	10¾	10¾	10¾	11	11½	11¾	Inches
Centimeters	22.8	23.1	23.5	23.8	24.1	24.5	24.8	25.1	25.4	25.7	26	26.7	27.3	27.9	28.5	29.2	Centimeters
Mondopoint	228	231	235	238	241	245	248	251	254	257	260	267	273	279	285	292	Mondopoint

[Credit: <http://campsguru.com/womens-shoes-size-chart/>]

Children's Shoe Sizes			
UK	European	US	Japan
4	20	4 ½ or 5	12 ½
4 ½	21	5 or 5 ½	13
5	21 or 22	5 ½ or 6	13 ½
5 ½	22	6	13 ½ or 14
6	23	6 ½ or 7	14 or 14 ½
6 ½	23 or 24	7 ½	14 ½ or 15
7	24	7 ½ or 8	15
7 ½	25	8 or 9	15 ½
8	25 or 26	8 ½ or 9	16
8 ½	26	9 ½	16 ½
9	27	9 ½ or 10	16 ½ or 17
10	28	10 ½ or 11	17 ½
10 ½ or 11	29	11 ½ or 12	18 or 18 ½
11 ½	30	12 ½	18
12	31	13	19 or 19 ½
12 ½	31	13 or 13 ½	19 ½ or 20
13	32	1	20
13 ½	32 ½	1 ½	20 ½
1	33	1 ½ or 2	21
2	34	2 ½ or 3	22

[Credit: <http://golondon.about.com/od/shopping/ig/Clothing-Size-Charts/>]

TRY This!

Scenario

You saw a pair of RM600.00 'good-looking' shoes online. It's only sold online, and RM600 is a huge sum! What if you get the size wrong? It's too much hassle to exchange or return the shoes. What do you do?

- Watch the video: <https://youtu.be/x5L-VRrH0uA>
- Measure your feet & refer to a Shoe Size Conversion Chart

[Alternative method: <http://www.famousfootwear.com/shoe-size-chart>]



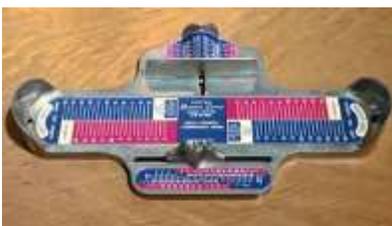
[Credit: Wikimedia Commons]

Extra

If you feel it's too much of a hassle to measure your feet at home, go to a specialty shoe store & have your feet professionally measured. Request for the Brannock device.

How? Watch these videos:

- Using the Brannock Device: <https://youtu.be/AwPwkrYICag>
- Shoe Fitting 101: <https://youtu.be/tGudvdVPnNs>



Brannock Device

[Credit: YouTube.com]



[Credit: Wikimedia Commons]



Let's investigate! Can the feet measure height?

What you need

- paper
- rulers
- pencils
- calculators

What to do

- Have some adults remove their shoes & measure their height.
- Measure the length of the adult's left foot from the wall to the tip of the big toe.
- Divide the length of each person's left foot by his/her height.
- Multiply the quotient by 100. What do you get?



[Credit: Wikimedia Commons]

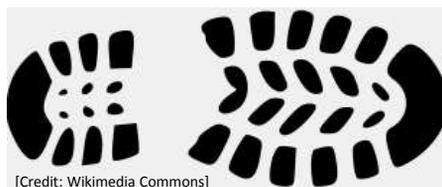
What is going on

- The results of your calculation should be about 15. This illustrates that the length of a person's foot is approximately 15% of his/her height.
- When a forensic scientist has the length of a foot, the forensic scientist will be able to approximate the height of the individual.

[Works best on full grown individuals or adults]

Question: What if the forensic scientist only has a shoe print?

[You are encouraged to discuss & explore. No answers are provided.]



[Credit: Wikimedia Commons]

Do You Know?

- All babies have flat feet - their arches have not formed yet & baby feet tend to be plump.
- Shoes with heels should be no more than 5.08 cm (2 inch) high.
- The average person walks about 10,000 steps a day. The human foot has 26 bones.
- The feet contain approximately 250,000 sweat glands that excrete half a pint of moisture every day.
- Wrong shoes is one of the major causes of knee pain.
- Tight shoes often cause foot problems – bunions, hammertoes, neuromas, corns, crossover toes, and ingrown toenails.
- Footwear that is too tight, too loose, airtight, or shaped in unnatural ways can cause or aggravate problems.

What you should know before you buy shoes!

- Bear in mind shoe size may change as you age.
- Measure your feet at the end of the day [feet at largest].
- We normally have one foot larger than the other – shoes should fit the larger foot.
- Don't buy shoes without trying them on first.
- Walk in the shoes to make sure they feel right.
- Stand up when trying on shoes to make sure there is about 1.27 cm (0.5 inch) between your toe & the end of the shoe.
- Ball of your foot should fit comfortably into the widest part of the shoe.
- Don't buy shoes that feel too tight & hope they will stretch.
- The upper part of the shoes should be made of a soft, flexible material.

