

Instructions for choosing standard shoe size with every foot

In the article below, Network Administrator will show you how to choose the most suitable shoe size with your feet without going to the store to try. Let's see it.

Today, instead of going to the store to buy things, many people often choose to buy online at home. Buying online at home is becoming popular, it not only saves you time and effort, but you can also choose more diverse models. However, besides these advantages, it also has shortcomings, that is, you cannot try on people to see if it fits and is suitable for you, especially when buying shoes, because the shoe size is often Different between size in Vietnam and International size. So, if you don't choose the right size of your feet, you will probably find that your shoes are more tight than your feet or too wide. This is wasteful.

1. 13 ways to tie shoelaces fast, simple, but equally beautiful and unique
2. Some ways to tie the pole or everyone should know

In the article below, Network Administrator will show you how to choose the most suitable shoe size with your feet without going to the store to try. Let's see it.

For those of you who know your foot size, you just need to scroll down to select the shoe size that suits you. But for those of you who do not know your foot size, please prepare the following items to continue to accompany us.

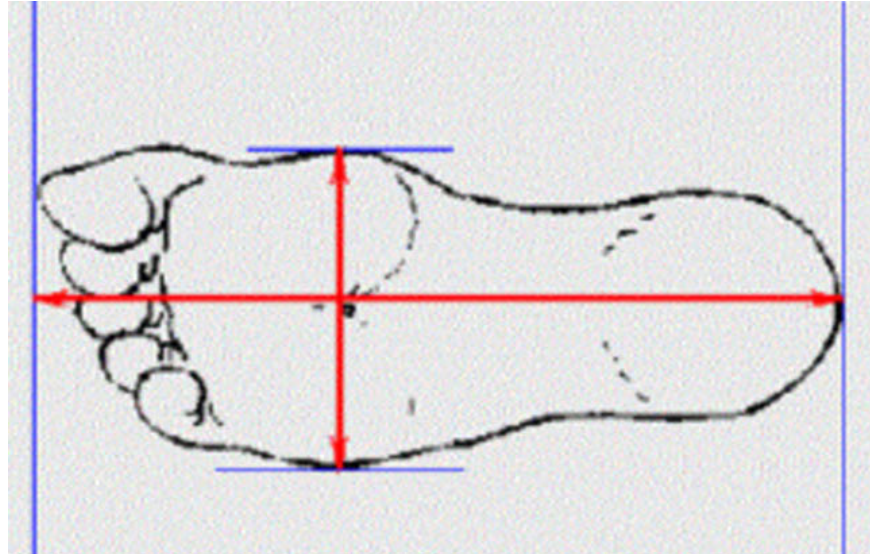
Step 1 . Prepare the following items to measure foot size:



1. One sheet of paper (bigger than the foot)
2. A ruler

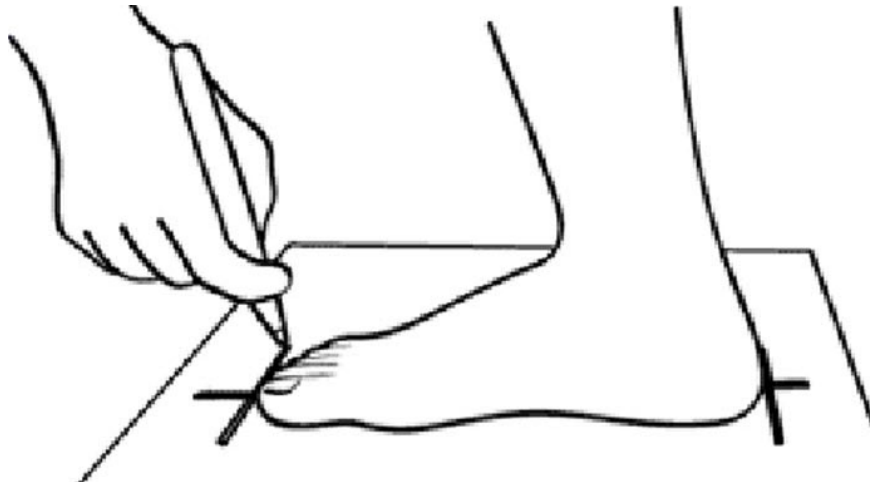
3. A pen (writing)
4. Wear any socks you plan to go with the shoes you need to buy

Step 2 . Steps to measure foot size:



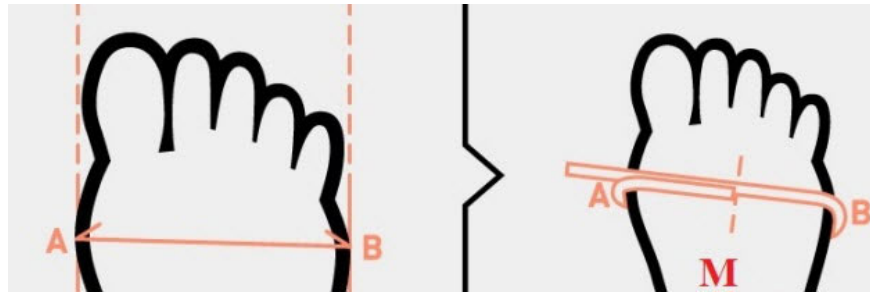
After going all the way, you stomp your feet hard on the paper and hold it firmly so that your feet will not move so that the size after measurement will be wrong. Then use the pen to paint your foot on the paper.

Step 3 . Measure foot length:



The 4-point mark consists of 2 points of the toe tip and 2 end points of the heel with a pen. Then use a ruler to re-measure the length of these two points.

Step 4 . Measure the width of the foot:



In addition to the length, you need to measure the width of the foot. You just need to use a ruler or measuring tape, then choose the position near the tip of the toe with the longest or the longest side of the foot (you see the widest part of the leg, take that place) to conduct the measurement, when measuring you should be sitting or standing upright with 2 legs.

Step 5 . Calculate the result to choose shoe size:

After measuring the foot, take the most length of the foot and the widest width and calculate the following formula:

$$\text{Shoe size} = N = L (\text{foot length}) + 1.5\text{cm}$$

After you have the results, you can use that result to compare the table below. Certainly with this way, you will choose the shoes that best match your foot size.

Example: You can measure the length of your foot is 22.5cm, your shoe size will be 1.5cm more and the result will be 24cm. Then you compare to the cm column in the table change the shoe size below will find out your shoe size is 38 - 39 for size Vietnam, and size UK is 6, and US size is 8.

Table change the shoe size for men

Quy đổi size giày Nam

Size Mỹ	Size Việt Nam	Size Anh	Inches	Centimet (cm)
6	39	5.5	9.25"	23.5
6.5	39-40	6	9.5"	24.1
7	40	6.5	9.625"	24.4
7.5	40-41	7	9.75"	24.8
8	41	7.5	9.9375"	25.4
8.5	41-42	8	10.125"	25.7
9	42	8.5	10.25"	26
9.5	42-43	9	10.4375"	26.7
10	43	9.5	10.5625"	27
10.5	43-44	10	10.75"	27.3
11	44	10.5	10.9375"	27.9
11.5	44-45	11	11.125"	28.3
12	45	11.5	11.25"	28.6
13	46	12.5	11.5625"	29.4
14	47	13.5	11.875"	30.2
15	48	14.5	12.1875"	31
16	49	15.5	12.5"	31.8

Table of conversion of women's shoe size

Size US	Size VN	Size UK	Inches	Centimet
4	34-35	2	8.1875"	20.8
4.5	35	2.5	8.375"	21.3
5	35-36	3	8.5"	21.6
5.5	36	3.5	8.75"	22.2
6	36-37	4	8.875"	22.5
6.5	37	4.5	9.0625"	23
7	37-38	5	9.25"	23.5
7.5	38	5.5	9.375"	23.8
8	38-39	6	9.5"	24.1
8.5	39	6.5	9.6875"	24.6
9	39-40	7	9.875"	25.1
9.5	40	7.5	10"	25.4
10	40-41	8	10.1875"	25.9
10.5	41	8.5	10.3125"	26.2
11	41-42	9	10.5"	26.7
11.5	42	9.5	10.6875"	27.1
12	42-43	10	10.875"	27.6

Note when measuring shoes?

1. You should measure at the time your foot is in the most comfortable condition, or measure it in the evening to get the most accurate size.
2. Should measure both feet, because our legs will not be equal so you will take the size of any leg longer and wider.

Shoe size of big brand shoe brands in the world?

Table size Nike shoes

Women's Nike Shoe Size Chart			
US Size	Euro Size	Inches	Centimeters
5	35.5	8.625	22
5.5	36	8.875	22.4
6	36.5	9	22.9
6.5	37.5	9.125	23.3
7	38	9.375	23.7
7.5	38.5	9.5	24.1
8	39	9.625	24.5
8.5	40	9.875	25
9	40.5	10	25.4
9.5	41	10.125	25.8
10	42	10.375	26.2
10.5	42.5	10.5	26.7
11	43	10.625	27.1
11.5	44	10.875	27.5
12	44.5	11	27.9

Table size of Vans shoes

UK SIZE	US MEN'S SIZE	US WOMEN'S SIZE	EUROPEAN SIZE	CENTIMETER
2.5	3.5	5	34.5	21.5
3	4	5.5	35	22
3.5	4.5	6	36	22.5
4	5	6.5	36.5	23
4.5	5.5	7	37	23.5
5	6	7.5	38	24
5.5	6.5	8	38.5	24.5
6	7	8.5	39	25
6.5	7.5	9	40	25.5
7	8	9.5	40.5	26
7.5	8.5	10	41	26.5
8	9	10.5	42	27
8.5	9.5	11	42.5	27.5
9	10	11.5	43	28
9.5	10.5	12	44	28.5
10	11	12.5	44.5	29
10.5	11.5	13	45	29.5
11	12	13.5	46	30
12	12.5	14	47	31
13	13	14.5	48	32
14	13.5	15	49	33
15	14	15.5	50	34

Table of Adidas shoe sizes

MEN - US	WOMEN - US	UK	EUR	CM
4	5	3.5	36	22
4.5	5.5	4	36.7	22.5
5	6	4.5	37.3	23
5.5	6.5	5	38	23.5
6	7	5.5	38.7	24
6.5	7.5	6	39.3	24.5
7	8	6.5	40	25
7.5	8.5	7	40.7	25.5
8	9	7.5	41.3	26
8.5	9.5	8	42	26.5
9	10	8.5	42.7	27
9.5	10.5	9	43.3	27.5
10	11	9.5	44	28
10.5	11.5	10	44.7	28.5
11	12	10.5	45.3	29
11.5	12.5	11	46	29.5
12	13	11.5	46.7	30
12.5		12	47.3	30.5
13		12.5	48	31
13.5		13	48.7	31.5

Converse shoe size table

Women's Shoe Sizes

US	UK	Europe	Converse®
4	2	35	
4.5	2.5	35	
5	3	36	
5.5	3.5	36	
6	4	37	4
6.5	4.5	37	4.5
7	5	38	5
7.5	5.5	38	5.5
8	6	39	6
8.5	6.5	39	6.5
9	7	40	7
9.5	7.5	40	7.5
10	8	41	8
10.5	8.5	41	8.5
11	9	42	9
11.5	9.5	42	
12	10	43	
12.5	10.5	43	

Men's Shoe Sizes

US	UK	Europe	Converse®
6	5	40	5.5
6.5	5.5	40	6
7	6	41	6.5
7.5	6.5	41	7.0
8	7	42	7.5
8.5	7.5	42	8
9	8	43	8.5
9.5	8.5	43	9
10	9	44	9.5
10.5	9.5	44	10
11	10	45	10.5
11.5	10.5	45	11
12	11	46	11.5
13	12	47	12
14	13	48	13
15	14	49	14
16	15	50	

Puma women's shoe size table for men and women

WOMEN'S INTERNATIONAL SHOE SIZES						
US	DE	UK	FR	IT	ES	JP
5.5	35.5	3	35.5	35.5	35.5	22
6	36	3.5	36	36	36	22.5
6.5	37	4	37	37	37	23
7	37.5	4.5	37.5	37.5	37.5	23.5
7.5	38	5	38	38	38	24
8	38.5	5.5	38.5	38.5	38.5	24.5
8.5	39	6	39	39	39	25
9	40	6.5	40	40	40	25.5
9.5	40.5	7	40.5	40.5	40.5	26
10	41	7.5	41	41	41	26.5
10.5	42	8	42	42	42	27
11	42.5	8.5	42.5	42.5	42.5	27.5

MEN'S INTERNATIONAL SHOE SIZES						
US	DE	UK	FR	IT	ES	JP
6	38	5	38	38	38	24
6.5	38.5	5.5	38.5	38.5	38.5	24.5
7	39	6	39	39	39	25
7.5	40	6.5	40	40	40	25.5
8	40.5	7	40.5	40.5	40.5	26
8.5	41	7.5	41	41	41	26.5
9	42	8	42	42	42	27
9.5	42.5	8.5	42.5	42.5	42.5	27.5
10	43	9	43	43	43	28
10.5	44	9.5	44	44	44	28.5
11	44.5	10	44.5	44.5	44.5	29
11.5	45	10.5	45	45	45	29.5
12	46	11	46	46	46	30
12.5	46.5	11.5	46.5	46.5	46.5	-
13	47	12	47	47	47	-
14	48.5	13	48.5	48.5	48.5	-
15	49.5	14	49.5	49.5	49.5	-
16	51	15	51	51	51	-

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