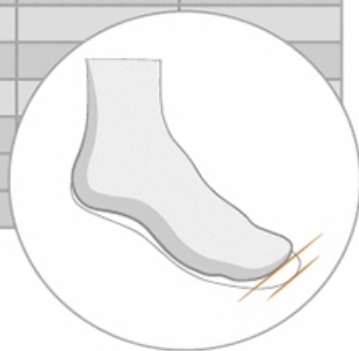


ADULTS

Length of feet (mm)	LOWA RECOMMENDATIONS INCL. TOE EXTRA					
	UK sizes	EU sizes	JP	US Men	US Women (normal)	US Women (injected soles)
219	2.5	35	219	3.5	4	4.5
223	3	36	223	4	4.5	5
227	3.5	36.5	227	4.5	5	5.5
231	4	37	231	5	5.5	6
236	4.5	37.5	236	5.5	6	6.5
240	5	38	240	6	6.5	7
244	5.5	39	244	6.5	7	7.5
249	6	39.5	249	7	7.5	8
252	6.5	40	252	7.5	8	8.5
257	7	41	257	8	8.5	9
261	7.5	41.5	261	8.5	9	9.5
265	8	42	265	9	9.5	10
269	8.5	42.5	269	9.5	10	10.5
273	9	43.5	273	10	10.5	11
278	9.5	44	278	10.5		
282	10	44.5	282	11		
286	10.5	45	286	11.5		
290	11	46	290	12		
295	11.5	46.5	295	12.5		
299	12	47	299	13		
303	12.5	48	303	13.5		
307	13	48.5	307	14		
311	13.5	49	311	14.5		
316	14	49.5	316	15		
320	14.5	50.5	320	15.5		
324	15	51	324	16		
328	15.5	51.5	328	16.5		
333	16	52	333	17		



KIDS

Length of feet (mm)	LOWA RECOMMENDATIONS INCL. TOE EXTRA		
	EU sizes	UK sizes	US sizes
128	21	4.5K	5.5K
135	22	5K	6K
141	23	6K	7K
148	24	7K	8K
155	25	8K	9K
162	26	8.5K	9.5K
168	27	9K	10K
175	28	10K	11K
182	29	11K	12K
188	30	12K	13K
195	31	12.5K	0.5
202	32	13K	1
208	33	1	2
215	34	2	3
222	35	2.5	3.5
228	36	3.5	4.5
235	37	4	5
242	38	5	6
248	39	5.5	6.5
255	40	6.5	7.5
262	41	7	8
268	42	8	9

LOWA TOE EXTRA

Adults **15 mm**
Kids **12 mm**

LOWA recommends based on the foot length (mm) a toe extra of 15 mm for adults (12 mm for kids). Due to individual foot shapes or preferences in fit this recommendation may vary.

The foot length (mm) is a recommendation of LOWA, which is based on scientific findings. This must not be confused with the Mondopoint statement.