

# Ski Boot Size Chart

| Womens Shoe Size | Youth/Mens Shoe Size | Mondopoint (cm) | Europe | U.K. |
|------------------|----------------------|-----------------|--------|------|
| ----             | 6 jr                 | <b>12.5</b>     | ----   | 25   |
| ----             | 7 jr                 | <b>13.5</b>     | ----   | 26   |
| ----             | 8 jr                 | <b>14.5</b>     | ----   | 27   |
| ----             | 9 jr                 | <b>15.5</b>     | ----   | 28   |
| ----             | 10 jr                | <b>16.5</b>     | ----   | 28   |
| ----             | 11 jr                | <b>17.5</b>     | ----   | 29   |
| ----             | 12 jr                | <b>18.5</b>     | ----   | 30   |
| ----             | 13 jr                | <b>19</b>       | 1      | 31   |
| 3                | 1 yth                | <b>19.5</b>     | 1.5    | 32   |
| 3.5              | 2 yth                | <b>20</b>       | 2      | 33   |
| 4                | 2.5 yth              | <b>20.2</b>     | 2.5    | 34   |
| 4.5              | 3 yth                | <b>21</b>       | 3      | 34.5 |
| 5                | 3.5 yth              | <b>21.5</b>     | 3      | 35   |
| 5.5              | 4 yth                | <b>22</b>       | 3.5    | 35.5 |
| 6                | 4.5 yth              | <b>22.5</b>     | 4      | 36   |
| 6.5              | 5 mn                 | <b>23</b>       | 4.5    | 37   |
| 7                | 5.5 mn               | <b>23.5</b>     | 5      | 37.5 |
| 7.5              | 6 mn                 | <b>24</b>       | 5.5    | 38   |
| 8                | 6.5 mn               | <b>24.5</b>     | 6      | 39   |
| 8.5              | 7 mn                 | <b>25</b>       | 6.5    | 40   |
| 9                | 7.5 mn               | <b>25.5</b>     | 7      | 40.5 |
| 9.5              | 8 mn                 | <b>26</b>       | 7.5    | 41   |
| 10               | 8.5 mn               | <b>26.5</b>     | 8      | 42   |
| 10.5             | 9 mn                 | <b>27</b>       | 8.5    | 43   |
| 11               | 9.5 mn               | <b>27.5</b>     | 9      | 43.5 |
| 11.5             | 10 mn                | <b>28</b>       | 9.5    | 44   |
| 12               | 10.5 mn              | <b>28.5</b>     | 10     | 44.5 |
| ----             | 11 mn                | <b>29</b>       | 10.5   | 45   |
| ----             | 1.5 mn               | <b>29.5</b>     | 11     | 45.5 |
| ----             | 12 mn                | <b>30</b>       | 11.5   | 46   |
| ----             | 12.5 mn              | <b>30.5</b>     | 12     | 47   |
| ----             | 13 mn                | <b>31</b>       | 13     | 48   |
| ----             | 14 mn                | <b>32</b>       | ----   | ---- |
| ----             | 14.5 mn              | <b>32.5</b>     | ----   | ---- |
| ----             | 15 mn                | <b>33</b>       | ----   | ---- |
| ----             | 15.5 mn              | <b>33.5</b>     | ----   | ---- |

## How Should Boots Fit?

A ski boot should hold the foot firmly but comfortably. Toes should be close to the end of the boot especially when foot is first placed in boot, but not bunched. You should be able to wiggle your toes. Your heel should have a snug fit in the "Heel Pocket" with minimal movement when boot is flexed forward.

## How Do I Determine If The Boot Is A Proper Fit?

First test your boots with appropriate socks. You should use a ski sock, they come in various thickness which is a personal preference...two pair of socks are not recommended.

Next place your foot in the boot and buckle the boot lightly. Flex in the boot, by this we mean making the boot bend by flexing at the knees causing the upper cuff of the boot to bend forward, you should feel pressure on your shin while doing this. This will force your heel back into the heel pocket where it should be and will be when you are skiing. Do this several times to insure you are completely in heel pocket.

Now stand in the boots upright..your toes should be near or brushing the end of boot. When you flex forward and hold that position, your toes should move off of the end, this is the proper fit.

To determine if the shell is the proper size, remove the liner from shell. Place your foot in the empty shell and slide your foot forward till your big toe is touching the end of shell. You should be able to place a 1 1/2 to 2 fingers behind your heel and the shell. This is the proper shell size.

Don't buy boots too big - they could cause you pain and possibly injury.