

MALE SHOE SIZE

UK	NZ/AUS	EUROPE	USA	ARCH SUPPORT
16	16	50	17	8
15	15	49	16	8
14	14	48	15	7
13	13	47	14	6
12	12	46	13	5
11	11	45	12	5
10	10	44	11	5
9	9	43	10	4
8	8	42	9	4
7	7	40	8	3
5	6	38	7	2
4	5	37	6	2

FEMALE SHOE SIZE

UK	NZ/AUS	EUROPE	USA	ARCH SUPPORT
14	15	47	15	7
13	14	46	14	6
12	13	45	13	6
11	12	44	12	5
10	11	43	11	5
9	10	42	10	4
8	9	41	9	3
6.5	8	39.5	8	3
5.5	7	38.5	7	2
4.5	6	37.5	6	2
4	5	37	5	2

Half sizes should wear an arch support of your main size. eg: A NZ/AU 9.5 shoe size would look at size NZ/AU 9 for their arch size