

# Foot type and measurements

## Knowing your feet better

Welcome to the practical guide to understanding your foot type better and measuring your feet properly, so you can choose or sew barefoot shoes that fit you perfectly.

## Real length and width

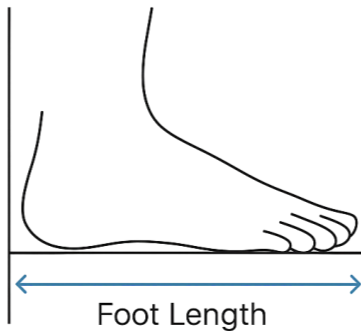
These measures help you choose the right lasts and buy ready-made barefoot shoes that will fit you well.

It can be measured

- against wall
- foot gauge (e.g. plus 12 mms)
- in the box

**How to measure your foot length and width against a wall?**

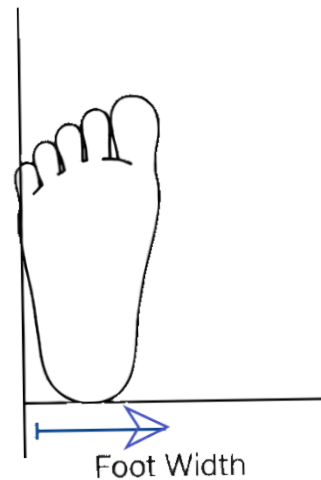
### Measuring Foot Length



**Step 1:** Place your heel against a wall and mark the longest toe



### Measuring Foot Width



**Step 2:** Place your outer toe joint against a wall and mark the inner toe joint

**Width coefficient** - helps you determine the width of your feet. Each foot may be different.

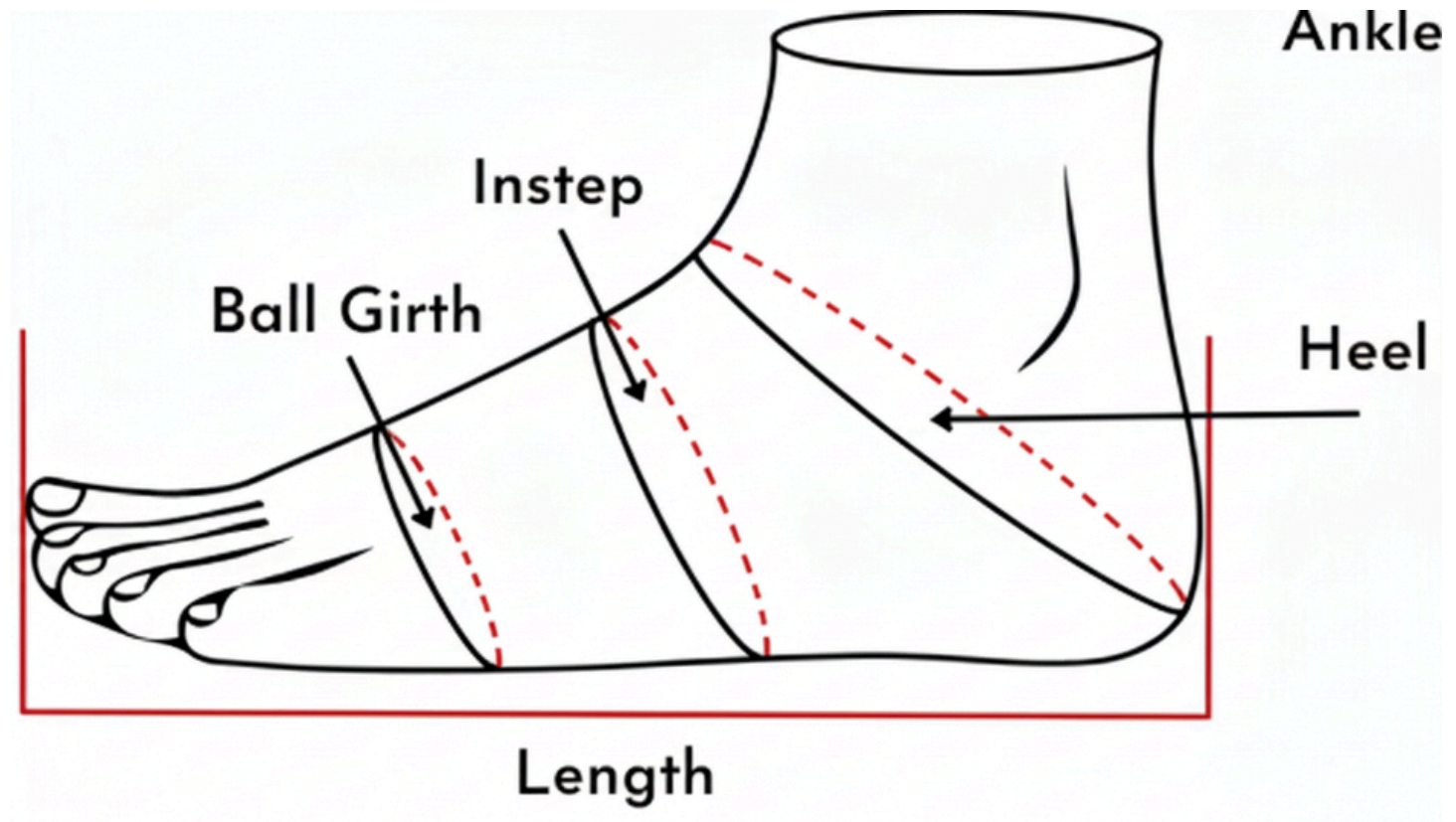
**Real length / Real width**

Width coefficient	Foot width	
> 2.75	narrow	
2.6 - 2.75	normal	
2.4 - 2.6	wide	
< 2.4	extra wide	

The table is indicative.

## Ball girth

Helps you choose the right lasts.



There are two types of ball girth measured differently on foot and on the last:

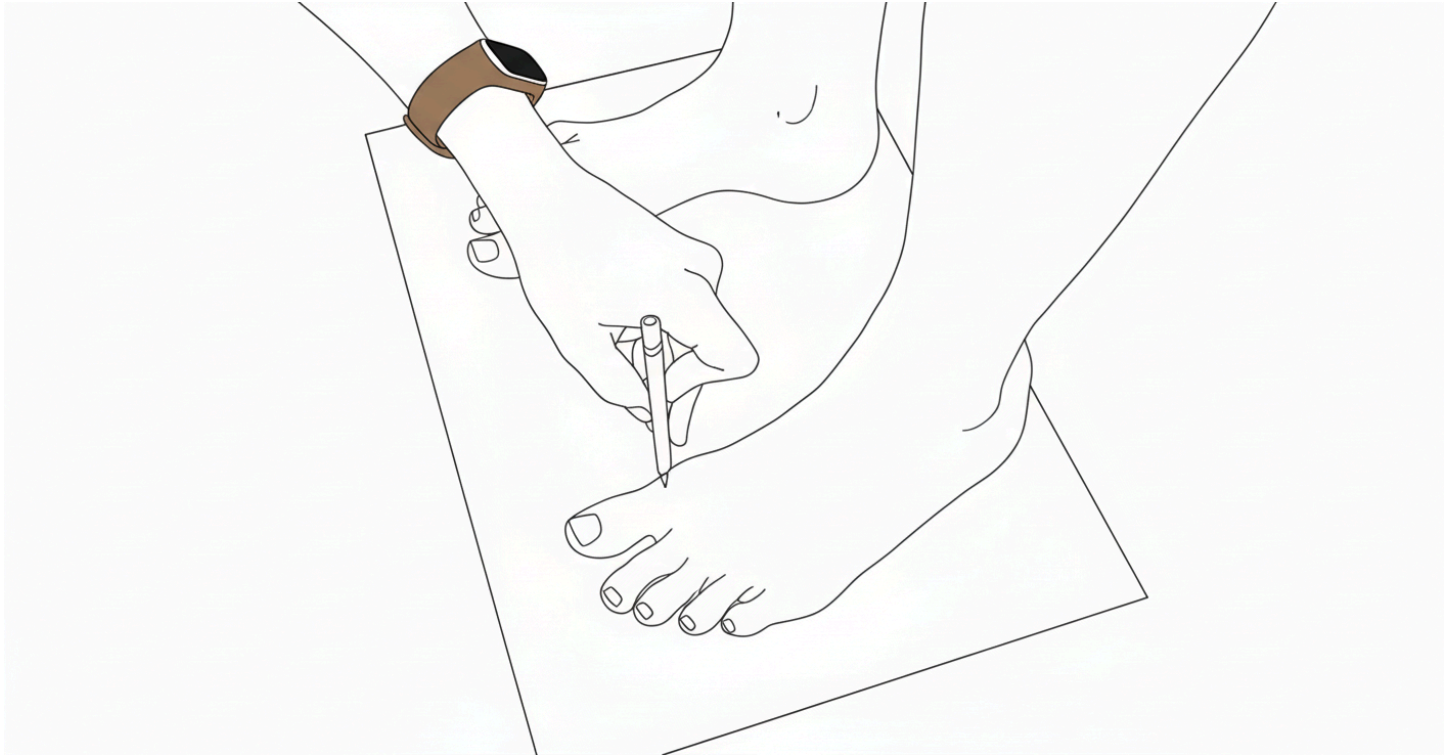
- straight - measured on lasts around the widest part
- angled - measured around toe joints

Wrap the tape measure around the metatarsal joints, slightly tighten it, and read.



## Foot outline

When designing shoes without lasts, start by outlining your feet.



How do you trace your feet correctly so that your shoes fit perfectly?

We have instructional videos available that will guide you step by step.

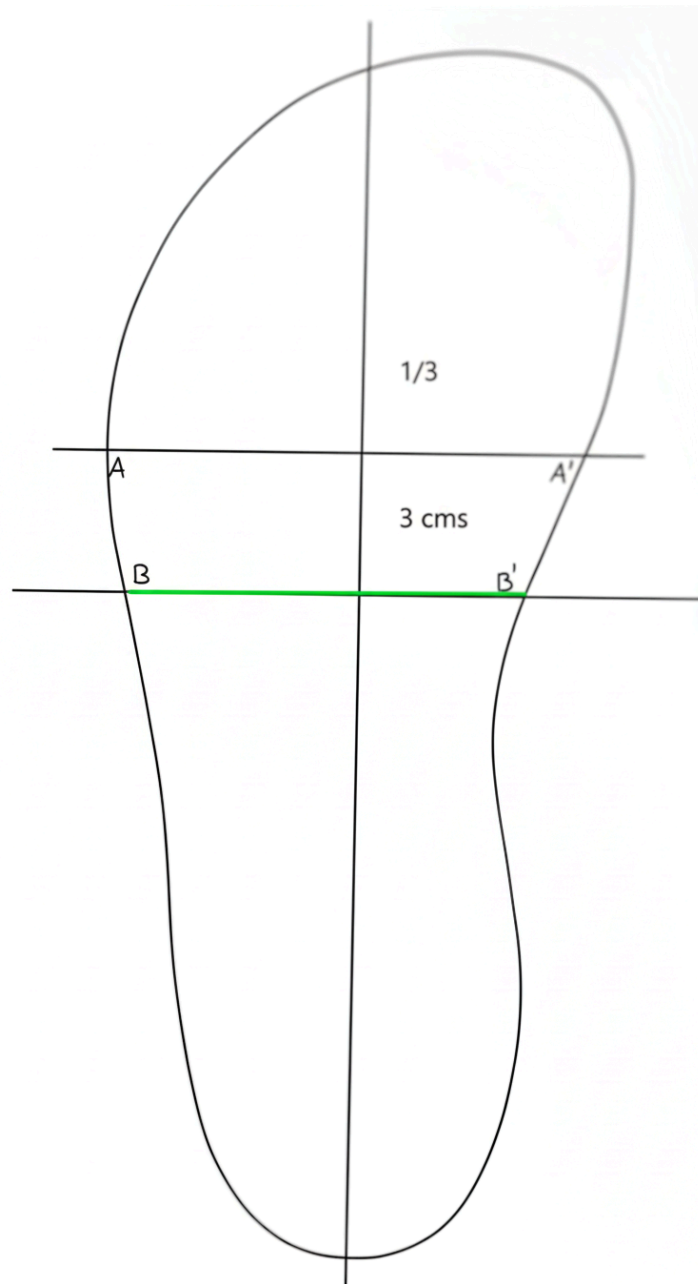
**Video 1:** [🌐 Outlining the feet](#)

**Video 2:** [🌐 Self-outlining the feet](#)

**Video 3:** [🌐 Adjusting the contour of the feet](#)

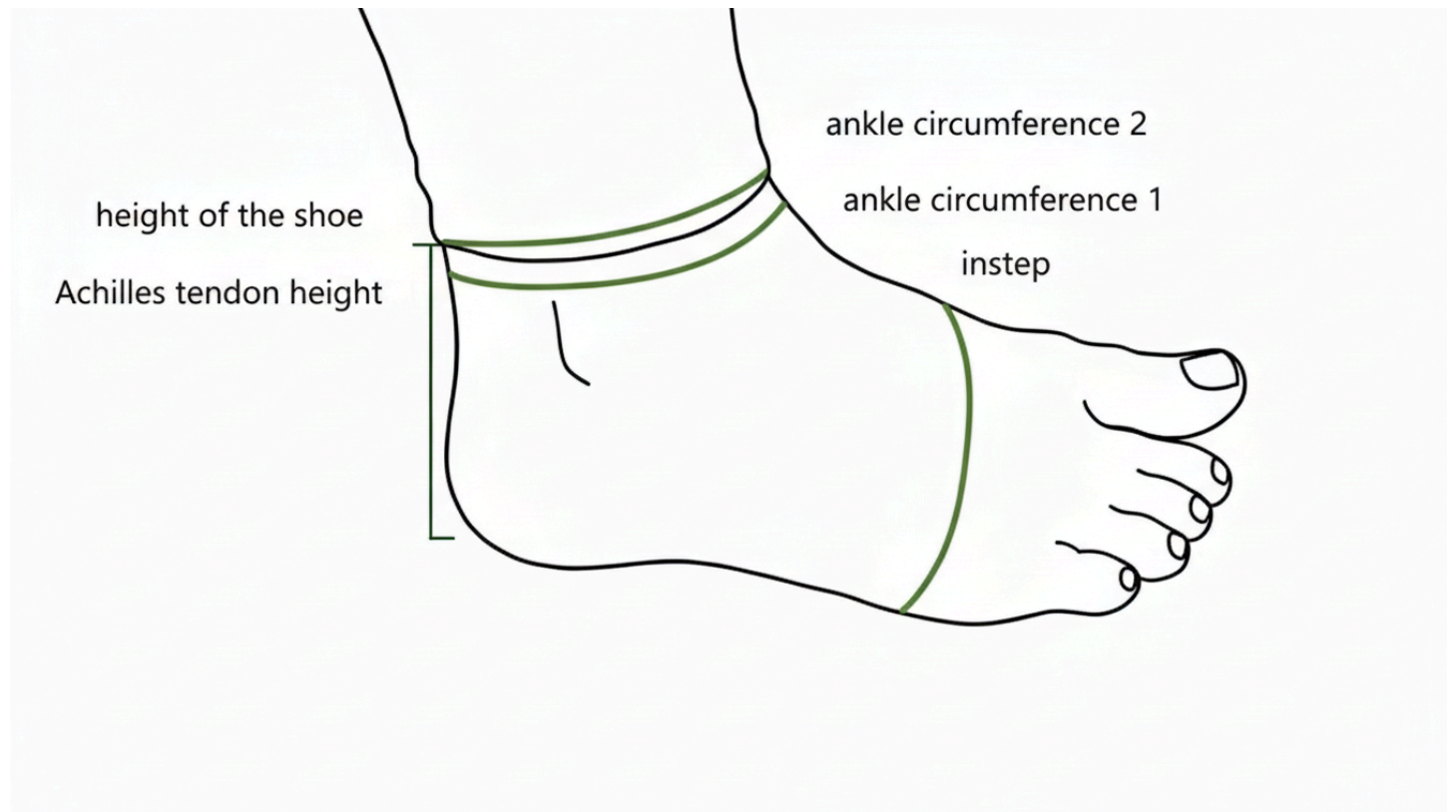
## Instep measure

When sewing shoes without lasts, use the instep measure instead of the ball circumference.



1. Define the **foot axis** - the line connecting the centre of the widest measure of the toebox and the centre of the heel.
2. Find the point 3 cms below  $\frac{1}{3}$  of the length of the axis and draw a **perpendicular line** there.
3. Stand in the outline of your foot and, at the level of this perpendicular line, **measure the width of the instep** from the floor on one side to the floor on the other side with a tape measure placed tightly to the foot.

## Other measures

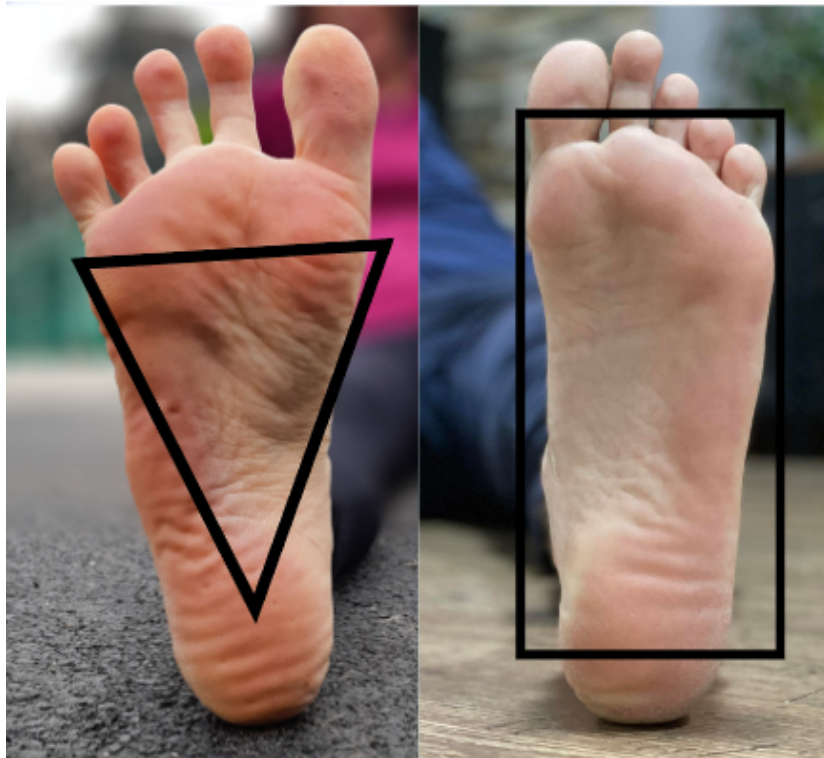


To shape your shoe pattern properly, you need to know:

- the desired height of the shoe,
- the ankle circumference at this height
- and the ankle circumference in the narrowest place of your ankle.

## Foot shape

Helps you choose the right shape of barefoot shoes.



**Fin ('V') shape**

**Rectangular shape**

**Fin shape** - narrow heel – average to wide forefoot, average to wide heel – medium to wide forefoot

**Straight shape** - narrow heel – narrow forefoot, average heel – narrow to medium forefoot



## Toebox shape

Helps you choose the right shape of the shoe.



# The next step

Would you like to have custom shoes that really fit you? You can make them yourself with our online courses.

We offer **online courses for beginners and intermediate shoemakers**, you can choose from.

With our courses, you can learn to sew your shoes by hand using a few hand tools or make professional lasted shoes.



Start making custom barefoot shoes today—click below to see our course offer:

🌐 **Workshops - [diybarefootshoes.com](https://diybarefootshoes.com)**

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