## La Sportiva Sizing Chart



Provided to you by <u>climbingfacts.com</u>

20	)5 2	210	215	220	223	22	7 23	0 23	33 23	57 2	240	243
3	32	33	34	34.5	35	35.	5 3	6 36	.5 3	7 3	7.5	38
1	.5	2	2.5	3	3.5		4 4.	5 4.5+		5	5.5	6
0	.5	1	1.5	2	2.5		3 3.	5 3.5+		4	4.5	5
247	250	253	3 2	257	260	263	267	270	273	277		280
38.5	39	39.5	5	40 4	40.5	41	41.5	42	42.5	43		43.5
6.5	6.5+	7		7.5	8	8.5	8.5+	9	9.5	10		10.5
5.5	5.5+	e	6	6.5	7	7.5	7.5+	8	8.5	9		9.5
	3 1 0 247 38.5 6.5	32 1.5 0.5 247 250	32 $33$ $1.5$ $2$ $0.5$ $1$ $247$ $250$ $253$ $38.5$ $39$ $39.5$ $6.5$ $6.5+$ $7$	32 $33$ $34$ $1.5$ $2.5$ $2.5$ $0.5$ $1$ $1.5$ $247$ $250$ $253$ $2$ $38.5$ $39$ $39$ $2$ $6.5$ $6.5+$ $7$ $7$	32 $33$ $34.5$ $1.5$ $2.5$ $2.5$ $0.5$ $1.5$ $2.5$ $247$ $250$ $257$ $247$ $250$ $257$ $38.5$ $39$ $39.5$ $40$ $6.5$ $6.5+$ $7$ $7.5$	32 $33$ $34$ $34.5$ $35$ $1.5$ $2$ $2.5$ $3.5$ $3.5$ $0.5$ $1$ $1.5$ $2$ $2.5$ $2.5$ $247$ $250$ $253$ $257$ $2C0$ $38.5$ $38.5$ $39$ $39.5$ $40$ $40.5$ $40.5$ $6.5$ $6.5+$ $7.5$ $7.5$ $8$ $8$	32 $33$ $34$ $34.5$ $35.4$ $1.5$ $2.5$ $3.5$ $3.5$ $3.5$ $0.5$ $1.5$ $2.5$ $3.5$ $3.5$ $0.5$ $1.5$ $2.5$ $2.5$ $2.5$ $2.5$ $247$ $250$ $253$ $257$ $2.60$ $2.63$ $38.5$ $39$ $39.5$ $40$ $40.5$ $41$ $6.5$ $6.5+$ $7$ $7.5$ $8$ $8.5$	323334 $34.5$ 3535.534.51.5 $2.5$ $2.5$ $34.5$ $35.5$ $35.5$ $34.5$ 0.5 $1.5$ $2.5$ $2.5$ $3.5$ $4.4$ 0.5 $1.5$ $1.5$ $2.5$ $2.5$ $3.5$ $3.5$ 247 $250$ $253$ $257$ $2c0$ $263$ $267$ 38.5 $39$ $39.5$ $40$ $40.5$ $41.5$ 6.5 $6.5+$ $7.5$ $7.5$ $8.5+$	$ \begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	$\begin{array}{c c c c c c c c c c c c c c c c c c c $	32333434.53535.536 $36.5$ 37 $37.5$ 1.5 $2$ $2.5$ $37.5$ $35.5$ $36$ $36.5$ $37.5$ $37.5$ 0.5 $1$ $2$ $2.5$ $3$ $3.5$ $4$ $4.5$ $4.5+$ $5.5$ 0.5 $1$ $1.5$ $2$ $2.5$ $3$ $3.5$ $3.5+$ $4$ $4.5$ $247$ $250$ $253$ $257$ $2c0$ $263$ $267$ $270$ $273$ $277$ $38.5$ $39$ $39.5$ $40$ $4.5$ $41.5$ $42.5$ $42.5$ $43$ $6.5$ $6.5+$ $7.5$ $7.5$ $8.5$ $8.5+$ $9$ $9.5$ $10$

Mondopoint (mm)	283	287	290	293	297	300	303	307
EU	44	44.5	45	45.5	46	46.5	47	47.5
US	10.5+	11	11.5	12	12.5	12.5+	13	13.5
UK	9.5+	10	10.5	11	11.5	11.5+	12	12.5

## How to measure your mondopoint



Measuring your mondopoint is very simple, you'll need a piece of paper (A4), your foot, a pencil, and a ruler.

- 1. Place your foot on top of a piece of paper
- 2. Draw the outline of your foot
- 3. Measure the distance from your big toe to your heel

Repeat for both feet and use you

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More info on sizing and fit: Bouldering Shoe Sizing & Fit Guide

