

# La Sportiva Sizing Chart



Provided to you by [climbingfacts.com](https://climbingfacts.com)

Mondopoint (mm)	205	210	215	220	223	227	230	233	237	240	243
EU	32	33	34	34.5	35	35.5	36	36.5	37	37.5	38
US	1.5	2	2.5	3	3.5	4	4.5	4.5+	5	5.5	6
UK	0.5	1	1.5	2	2.5	3	3.5	3.5+	4	4.5	5

Mondopoint (mm)	247	250	253	257	260	263	267	270	273	277	280
EU	38.5	39	39.5	40	40.5	41	41.5	42	42.5	43	43.5
US	6.5	6.5+	7	7.5	8	8.5	8.5+	9	9.5	10	10.5
UK	5.5	5.5+	6	6.5	7	7.5	7.5+	8	8.5	9	9.5

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](#)