

# Mad Rock Sizing Chart

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Mondopoint (mm)	215	220	225	230	235	240	245	250	255	260	265
EU	35	35.5	36	37	37.5	38	39	39.5	40	41	41.5
US	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5
UK	2.5	3	3.5	4	4.5	5	5.5	6	6.5	7	7.5

Mondopoint (mm)	270	275	280	285	290	295	300	305	310
EU	42	42.5	43	44	44.5	45	46	46.5	47
US	9	9.5	10	10.5	11	11.5	12	12.5	13
UK	8	8.5	9	9.5	10	10.5	11	11.5	12

Mondopoint (mm)	320	330
EU	48.5	50
US	14	15
UK	13	14

## 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](#)