

**XERO** SHOES<sup>®</sup>

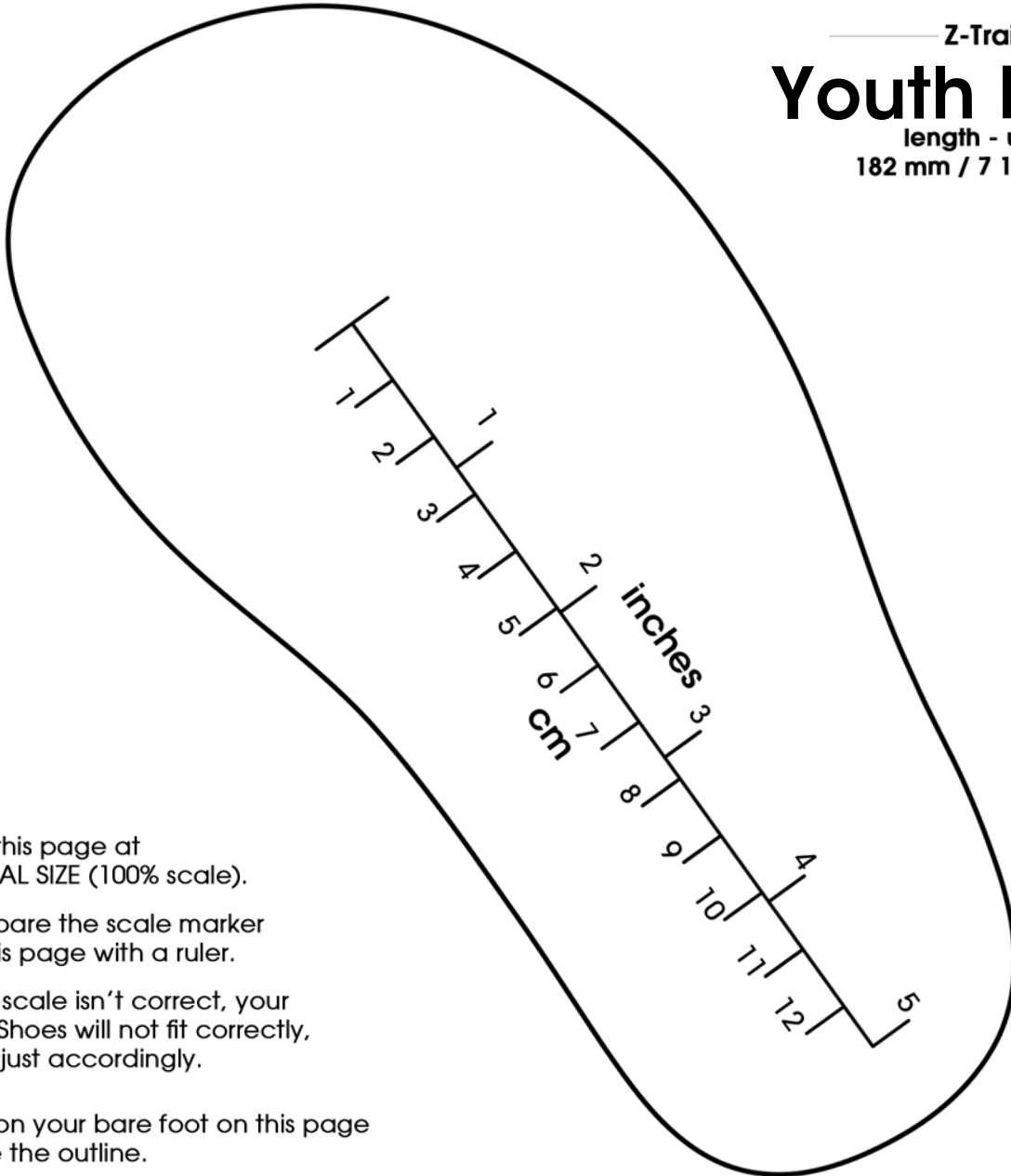
Live Life Feet First!

[www.XeroShoes.eu](http://www.XeroShoes.eu)

Z-Trail

**Youth EU 30**

length - up to  
182 mm / 7 1/8 inches



1. Print this page at ACTUAL SIZE (100% scale).

Compare the scale marker on this page with a ruler.

If the scale isn't correct, your Xero Shoes will not fit correctly, so adjust accordingly.

2. Position your bare foot on this page inside the outline.

If your foot extends past the border, try a larger size.

If there is more than 6mm (1/4") of space past your heel and the front of your toes, try a smaller size.

For more information about measuring and sizing, visit: [www.XeroShoes.eu/fit](http://www.XeroShoes.eu/fit)

Questions? Need help? Email us at [support@xeroshoes.eu](mailto:support@xeroshoes.eu)