

# Size H

# Narrow

Instructions:  
- Place your Left foot on the Narrow template with your heel touching the line at the back.

- Standing up, look at the widest part of your foot. If you can't see the lines either side, move to the Wide template.

- Standing up, look at your big toe. If you can't see the line in front, move one size Up. If there is more than a centimetre gap between toe and line, move one size Down.

- If you can see the line all the way around just touching your foot, this is the correct size for you.

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