

Shoe size *conversion.*

Men's, women's, and kids' shoe sizes across **US, UK, EU, and centimeters**. Plus the formulas and the gotchas (US men's vs women's is offset by 1.5).

The chart

US MEN'S	US WOMEN'S	UK	EU	CM (FOOT LENGTH)
3	4.5	2.5	35	21.6
3.5	5	3	35.5	22.2
4	5.5	3.5	36	22.5
4.5	6	4	36.5	22.9
5	6.5	4.5	37	23.5
5.5	7	5	37.5	23.8
6	7.5	5.5	38	24.1
6.5	8	6	39	24.4
7	8.5	6.5	39.5	25.1
7.5	9	7	40	25.4
8	9.5	7.5	40.5	25.7
8.5	10	8	41	26

US MEN'S	US WOMEN'S	UK	EU	CM (FOOT LENGTH)
9	10.5	8.5	42	26.7
9.5	11	9	42.5	27
10	11.5	9.5	43	27.3
10.5	12	10	43.5	27.9
11	12.5	10.5	44	28.3
11.5	13	11	44.5	28.6
12	13.5	11.5	45	29.2
12.5	–	12	45.5	29.5
13	–	12.5	46.5	29.8
13.5	–	13	47	30.5
14	–	13.5	48	30.8

About the systems. US sizes increase by 1/3 inch per size. UK sizes are about 1/2 size smaller than US men's (UK 9 ≈ US 10 men's). EU sizes are based on Paris points (1 size = 2/3 cm). The simplest universal measure is **foot length in cm** — measure your foot from heel to longest toe.

Common applications

KIDS' US (TODDLER / YOUTH)	EU	UK	APPROX. AGE (US)
4 (toddler)	19	3	~12-18 months
5 (toddler)	20	4	~18-24 months
6 (toddler)	22	5	~2 years
7 (toddler)	23-24	6	~2-3 years
8 (toddler)	25	7	~3 years
9 (little kid)	26	8	~3-4 years
10 (little kid)	27	9	~4-5 years
11 (little kid)	28	10	~5 years
12 (little kid)	30	11	~5-6 years
13 (little kid)	31	12	~6-7 years
1 (big kid, youth)	32	13	~7 years
2 (big kid)	33-34	1	~8-9 years
3 (big kid)	34-35	2	~9-10 years
4 (big kid)	36	3	~10-12 years (transition to adult)
5 (big kid)	37-38	4	Adult sizing begins for many

Common pitfalls

- **Brand variation is huge.** Nike, Adidas, and New Balance can all be labeled 'size 10' and differ by half a size. Always check the brand's own size guide if buying online.
- **US Women's = US Men's + 1.5 (roughly).** A US women's 8 is approximately a US men's 6.5. Some shoes are sold in men's sizing only, requiring conversion. The 1.5 difference reflects historical convention, not foot biology.
- **EU sizes aren't exactly half-sizes.** EU jumps from 41 to 42 are 6.7 mm ($1/3 \text{ cm} \times 2$). US half-sizes are 4.2 mm. They don't always align cleanly, leading to fitting issues across the conversion.
- **UK and US men's sizes differ by 1.** UK 10 \approx US 11 men's. This catches American buyers ordering from British retailers.
- **Width matters as much as length.** US sizes have separate width designations (B=narrow, D=standard, E=wide, etc.). EU sizes typically include width in fewer designations (M, W). Going up in length to accommodate width usually doesn't work.
- **Measure both feet.** Most people have one foot slightly larger than the other (often by 1/2 size). Size to the larger foot, not the smaller.
- **Foot size changes through the day.** Feet swell about 5-10% during the day. Try shoes in the late afternoon for the most realistic fit.

Common questions

Why is a US men's 10 different from a US women's 10?

US shoe sizes for men and women use the same scale but are offset. A US men's 10 = US women's 11.5 — the same physical shoe. This dates to a manufacturing-era convention where women's shoes were sized 1.5 numbers higher than the equivalent men's shoe. The actual foot length is what matters; pick by measurement.

How do UK and US sizes differ?

US sizes are about 0.5-1 size larger than UK sizes for men. A UK men's 10 = US men's 11. The scales were standardized separately. Convert by adding 0.5-1 for US, or measure your foot in cm and use the EU size — it's based on length, not arbitrary scales.

Why don't EU sizes match my foot length in cm?

EU sizes are based on the 'Paris point' = $\frac{2}{3}$ cm. A size 40 = $40 \times \frac{2}{3} = 26.67$ cm last length (the shoe form), NOT your foot length. Manufacturers add about 1.5-2 cm room beyond the foot. So a 25 cm foot needs around a EU 39-40 depending on shoe style and fit preference.

Why do I measure differently between brands?

Brands choose different lasts (foot forms) for their fit. A 'narrow' Nike runs different from a 'narrow' Brooks. Even within one brand, running shoes, hiking boots, and dress shoes may use different lasts. For best fit: measure your feet, then check the brand's specific sizing chart, not generic conversions.

How should I measure my foot for online ordering?

Stand on a piece of paper, weight on the foot, trace around it firmly. Measure heel to longest toe (often the second toe). Measure both feet — they're often 5-10 mm different; size to the bigger one. Compare to the manufacturer's chart (most list cm or mm equivalents per size). Order shoes in the late afternoon when feet are largest.

Sources

- **US sizes:** Brannock Device standard — measures length and width since 1925.
- **EU sizes (Paris point):** 1 size = 2/3 cm of last length (not foot length — last is the form inside the shoe).
- **UK sizes:** Historical English system; each size = 1/3 inch starting from a base.
- **Universal cm measure:** Foot length from heel to longest toe — the most accurate way to find your true size.

Disclaimer. Shoe sizing varies by brand, style, and width. Always confirm with the manufacturer's size chart and, when possible, try shoes on before purchase.