

Change your shoes, Change your life

Present by Anya & Petra Fisher Movement

Shopping Resources

These resources will make it easier to shop. The community groups especially are great for questions!

- [Shops & brands in your region](#)
- [Troubleshooting shoe fit guide](#)
- [Facebook community group](#)
- [Barefoot shoe discount codes](#)
- Buy/Sell/Trade groups
 - [US](#)
 - [Kids](#)
 - [AU](#)
 - [UK](#)
 - [EU](#)

Favorite Tools

These are the tools I keep on hand to improve my barefoot shoe experience as well as keep my feet happier at home!

- [Shoe fit hacks](#)
 - [Tongue pads](#)
 - [Heel grips](#)
 - [Moleskin](#)
 - [Stirrup socks](#)
- [Insoles](#)
- [Foot Measurer](#)
- [Toe Spacers](#)
- [Floor Texture & Balance Beams](#)

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Shoe Guides

Here you'll find guides to the shoe options for different styles, categories, and foot types.

- Wide toe box shoes that aren't barefoot
- Beginner barefoot shoes (with cushion)
- The best brands for my foot type
- Extra wide barefoot shoes
- Barefoot dress shoes (women)
- Barefoot dress shoes (men)
- Zero Drop Work boots
- Winter boots for snow & cold
- Summer sandals
- The best kids shoes
- Sport shoes
- Replacements for your favorite brands/styles

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Affordable Shoe Brands Around the World

These brands are available throughout the world at low prices! Check your local Amazon, or use the location finder on their home website

- Whitin (Amazon)
- Joomra (Amazon)
- Hobibear (Amazon)
- Oranger (Amazon)
- Saguaro (On amazon and [here](#) with locations in US, EU, and Asia - click the flags on the bottom)

[Find more affordable options here!](#)

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How To Measure Your Feet to Pick a Size

Here are my best practices for accurately measuring your feet in order to pick a barefoot shoe size:

- I always measure my feet in centimeters to ensure an accurate number.
- Measure two or three times and take the average.
- If you plan to wear socks, have them on when you measure.
- Measure at the end of the day when your feet are biggest.
- You can purchase a measuring device to make it easy!
- The general recommendation is to wear shoes that are 1 – 1.5cm longer than your foot, but it can vary depending on your preference and the style of shoe. In boots and lace up shoes I go for more length. In sandals I don't need as much extra length because they have open sides/front.
- If you are new to barefoot shoes, keep in mind they may feel big the first time you put them on. If they stay securely on your foot when you walk, you probably picked the correct size!

Despite the inevitable variations, getting an accurate measurement and understanding a size chart can reduce the chance of sizing mistakes! If you don't have a measuring tool, use these methods that only require a paper, pencil, and ruler/measuring tape.

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Two Ways to Measure

1. Tracing

A foot tracing is the most common way to measure. You simply trace an outline of your foot and measure the tracing. But it's important to know that you don't need to add as much extra length to a tracing measurement to find your shoe size. Here's what to do: Measure the length of your foot tracing and add .5 – 1cm (this results in the shoe being the desired 1 – 1.5cm longer than your actual foot size)



Then look to the size chart for the nearest corresponding size. My feet measure 23.2 from a foot tracing, so I look for shoes with an internal length of 23.7-24.2.

Some people get confused about their foot width when they use a tracing, because they aren't taking into account the extra mm the tracing added. My foot measures 9.2cm wide from a tracing but I can comfortably wear shoes that have an internal measurement of 8.8cm (without socks). This is because my actual foot width is .5cm less than the 9.2 I get from a tracing.

2. Wall Method

The other option is the wall method, which yields the most accurate length and width of your foot. You measure foot length by placing your heel lightly against the wall (don't push it in) and putting a heavy book or box where your longest toe ends. Then mark where the book is and measure that distance.



You get your foot width by lining up the outside edge of your foot against the wall and placing the book on the other side. Then mark with a pencil and measure.

You can find a [video demonstration of how to measure your feet both ways here](#).

And if you want to dig deeper into [how to interpret a shoe size chart](#), head here!