

Shoe Sizing Guide

All of our shoes run true to size. Please order the size you usually would in an athletic sneaker. Should you be unsure which size to buy, please contact us at support@cadense.com.

Women's Sizes

Our shoes run true to size. Please order the size you usually would.

Width information: Regular is a size C; Wide is a size D.

US	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	12
UK	3.5	4	4.5	5	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10.5
Europe	36	36 2/3	37 1/3	38	38 2/3	39 1/3	40	40 2/3	41 1/3	42	42 2/3	43 1/3	44	45 1/3
Japan (CM)	22	22.5	23	23.5	24	24.5	25	25.5	26	26.5	27	27.5	28	29
Foot Length (Centimeters)	22	22.4	22.9	23.3	23.7	24.1	24.5	25	25.4	25.8	26.2	26.6	27	27.4
Foot Width Regular (C) (Centimeters)	8.7	8.8	8.9	9	9.1	9.2	9.3	9.4	9.5	9.6	9.7	9.8	9.9	10.1
Foot Width Wide (D) (Centimeters)	9.3	9.4	9.5	9.6	9.7	9.8	9.9	10	10.1	10.2	10.3	10.4	10.5	10.7
Weight (oz)	9.0	9.4	9.7	10.1	10.5	10.9	11.3	11.7	12.1	12.5	12.9	13.3	13.7	14.1

Men's Sizes

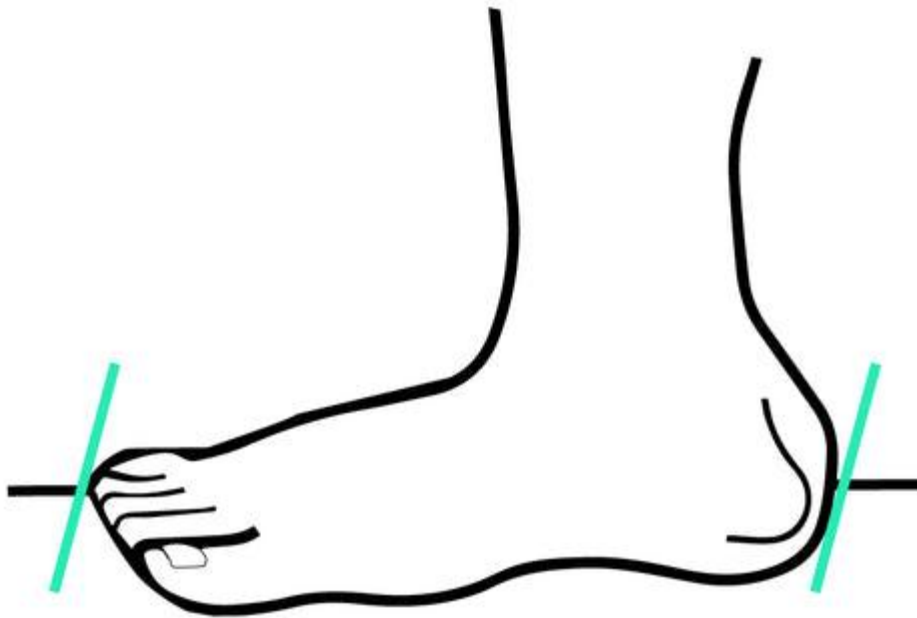
Width information: Regular is a size D; Wide is a size E.

US	8	8.5	9	9.5	10	10.5	11	11.5	12	13	14	15
UK	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12.5	13.5	14.5
Europe	41 1/3	42	42 2/3	43 1/3	44	44 2/3	45 1/3	46	46 2/3	48	49 1/3	50 2/3
Japan (CM)	26	26. 5	27	27. 5	28	28.5	29	29.5	30	31	32	33
Foot Length (Centimeters)	25. 6	26	26. 4	26. 8	27.2	27.7	28.1	28.5	28.9	29.8	30.6	31.5
Foot Width Regular (D) (Centimeters)	9.8	9.9	10	10. 1	10.2	10.3	10.4	10.5	10.6	10.8	11.1	11.4
Foot Width Wide (E) (Centimeters)	10. 2	10. 3	10. 4	10. 5	10.6	10.7	10.8	10.9	11	11.2	11.5	11.8
Weight (oz)	12. 3	12. 5	12. 8	13. 1	13.3	13.6	13.9	14.1	14.4	14.9	15.5	15.7

How to measure?

If you are unsure which shoe size to purchase, please follow the below steps:

1. Trace the outline of each foot on a piece of paper.
2. In a straight line from the middle of the heel to the longest toe, measure the length of each foot.
3. If one foot is longer than the other, take the larger measurement and compare to the chart on the next page. Foot length will determine your shoe size - round up or down to the closest size within 2mm.



Try Them On

Once you've selected a size based on your measurements, try on the shoes to ensure they fit comfortably. Here are a few tips:

- Wear the same type of socks or hosiery you intend to wear with the shoes.
- Check for enough toe room (about a thumb's width of space between your longest toe and the shoe's tip).
- Walk around to make sure the shoes don't pinch or rub in uncomfortable ways.

Remember that comfort is key, so if the shoes feel too tight or too loose, consider trying a different size or style.

Convert Between Sizing Systems

If you're shopping for shoes from brands that use different sizing systems (e.g., US, EU, UK), use our conversion chart to make sure you select the right size.