



Ski Boot Size Chart

History of Mondopoint Nordic Boot Sizing Charts

Men's Shoe Size (Canada / USA)	Mondopoint (cm)	Europe	U.K.	Women's Shoe Size (USA)
8	15	25	7	----
9	16	26	8	----
10	17	27	9	----
11	17.5	28	10	----
12	18.5	29	11	----
13	19.5	30.5	12	----
13.5	20	31	13	----
1	20.5	32	13.5	----
2	21	33	1	----
3	21.5	34	2	----
4	22	35	3	5
4.5	22.5	36	3.5	5.5
5	23	36.5	4	6
5.5	23.5	37	4.5	6.5
6	24	38	5	7
6.5	24.5	38.5	5.5	7.5
7	25	39	6	8
7.5	25.5	40	6.5	8.5
8	26	40.5	7	9
8.5	26.5	41	7.5	9.5
9	27	42	8	10
9.5	27.5	42.5	8.5	10.5
10	28	43	9	11
10.5	28.5	44	9.5	11.5
11	29	44.5	10	12

11.5	29.5	45	10.5	----
12	30	45.5	11	----
12.5	30.5	46	11.5	----
13	31	47	12	----
13.5	31.5	47.5	12.5	----
14	32	48	13	----
14.5	32.5	48.5	13.5	----
15	33	49	14	----
15.5	33.5	50	14.5	----
16	34	51	15	----

The Ski Boot Sizing System

Unlike ordinary shoes, a ski boot is measured in Mondo point sizing. This was produced by ski boot manufacturers in order to provide a universal measurement for ski boots. Mondo points are actually measured in centimeters. Sizes progress for children through to adults from the smallest to the largest without interruption. Shoes are described as 255/98 or 98 millimeters broad and 255 millimeters long.

Some manufacturers produce liners and shells that are classified with a range from the half size to the whole size like 26.0 – 26.5. Most ski boots are only manufactured in half sizes. In whole sizes and full sizes, the liner and shell are the exact same size. The only difference between the two is the stock footbed's thickness.

How to Choose the Correct Size

1) Measure Your Foot

One thing that can help people choose the correct size for their ski boot is to measure their feet. To do this, people should get a friend to trace their foot on a piece of paper while they are standing on it. They should then take the tape measure and measure for the heel to the tip of the boot. This measurement will be used to determine their boot size.

If they use centimeter measurements in a tape measure, they can simply take the length in centimeters as their Mondo point size. However, if they measure their foot in inches, they should multiply it by 2.54 to convert it to centimeters. Because a lot of people will not obtain an exact measurement to the full centimeter, they should drop any fraction of a centimeter when they are measuring their foot.

2) Perform a Shell Fit

Once they have their ski boots, the most effective way to determine if they are the correct size is to perform a shell fit. To do this, people should remove the liners from the boot shell. They should then place both feet on the shells by sliding them to the front so that they are touching and flat at the front of the shell.

If they stack the middle and index finger, they should get about a 3/4 inch width. This fit is more appropriate if their boot does not feature a thermo-formable liner or if the person easily gets cold feet due to poor circulation.

3) Do Not Forget the Liner

Now that people have determined the appropriate size shell, they can fit the boots to the volume and width of the foot. To do this, they should place the liners back in the boot shells. They should then place the boots on their feet and make sure to buckle them down to the tightness that they would feel comfortable skiing with. The person should then stand up.

Without putting much weight against the front of the shell, they should determine where their toes are in the liner. If there is space between the front of the liner and the toe, the shoe is too big. If they are squeezed and crunched up by width or length, it may be too small.

How to Choose Ski Boots

1) Identify Your Skiing Type

When choosing skiing boots, people should first identify their skiing type. Different ski boots are utilized for different skiing styles and are not interchangeable. Boot styles and bindings both differ with skiing types.

- Telemark skiing boots provide a lot of lateral support for a person's ankles and feet. However, the free heel design allows for forward flexibility that is integral to telemark skiing.
- Cross-country skiing boots are lighter and smaller than other boot styles. They do not provide much support for a person's ankle.
- Downhill or alpine ski boots are made of rigid plastics. They provide forward or lateral support for a person's ankle. The heel and toe are both locked into the binding. This forces people to keep their legs close together when they are skiing.

2) Consider Your Skiing Level

Ski boots are designed for racing, intermediate, recreational and advanced ski levels. As people move to more advanced ski levels, they start to sacrifice comfort and focus for rigidity and performance. The more tight-fitting and rigid the boot is, the better

the energy transfer will be from their legs to their skis.

3) Choose Boots That Have Refined Fastener Adjustments

People will need to adjust the boots to obtain a tight fit without cutting off circulation in their feet. However, the adjustment lengths on the buckles can be too far apart to find a good middle ground. A ski boot with micro-adjustment features lets people tune the fit to their calves and ankles a little better.

Additional Apparel to Purchase With Ski Boots

Aside from ski boots, there are a number of accessories that people should purchase from their ski shop. Some of the accessories that they should purchase include ski poles, ski socks, thermal underwear, midlayer garments, skiing gloves, goggles, beanie style hats and helmets.

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