



## SKI BOOT SIZING CHART

MEN'S				
FOOT SIZE			SIZING RECOMMENDATION	
US MEN'S SIZES	EURO MEN'S SIZES	UK SIZES	MONDO POINT SIZES STANDARD FIT	MONDO POINT SIZES PERFORMANCE FIT
4,5	36	4	22,5	21,5
5	37	4,5	23	22
5,5	38	5	23,5	22,5
6	39	5,5	24	23
6,5	39	6	24,5	23,5
7	40	6,5	25	24
7,5	40-41	7	25,5	24,5
8	41	7,5	26	25
8,5	41-42	8	26,5	25,5
9	42	8,5	27	26
9,5	42-43	9	27,5	26,5
10	43	9,5	28	27
10,5	43-44	10	28,5	27,5
11	44	10,5	29	28
11,5	44-45	11	29,5	28,5
12	45	11,5	30	29
12,5	46	12	30,5	29,5
13	46-47	12,5	31	30
13,5	47	13	31,5	30,5
14	48	13,5	32	31
14,5	48-49	14	32,5	31,5
15	49	14,5	-	32
15,5	50	15	-	32,5

WOMEN'S				
FOOT SIZE			SIZING RECOMMENDATION	
US WOMEN'S SIZES	EURO WOMEN'S SIZES	UK SIZES	MONDO POINT SIZES STANDARD FIT	MONDO POINT SIZES PERFORMANCE FIT
4,5	35	2,5	21,5	-
5	35-36	3	22	-
5,5	36	3,5	22,5	21,5
6	36-37	4	23	22
6,5	37	4,5	23,5	22,5
7	37-38	5	24	23
7,5	38	5,5	24,5	23,5
8	38-39	6	25	24
8,5	39	6,5	25,5	24,5
9	39-40	7	26	25
9,5	40	7,5	26,5	25,5
10	40-41	8	27	26
10,5	41	8,5	27,5	26,5

JUNIOR			
FOOT SIZE			SIZING RECOMMENDATION
CHILD SIZES (US)	YOUTH SIZES (US)	UK SIZES	MONDO POINT SIZES
8		7	14
8,5		8	14,5
9		8,5	15
9,5		9	15,5
10		9,5	16
10,5		10	16,5
11		10,5	17
11,5		11	17,5
12		11,5	18
12,5		12	18,5
13	1	12,5	19
13,5	1,5	13	19,5
	2	1	20
	2,5	1,5	20,5
	3	2	21
	3,5	2,5	21,5
	4	3	22
	4,5	3,5	22,5
	5	4	23
	5,5	4,5	23,5
	6	5	24
	6,5	5,5	24,5
	7	6	25
	7,5	6,5	25,5
	8	7	26
	8,5	7,5	26,5
	9	8	27
	9,5	8,5	27,5
	10	9	28

There are many factors that go into finding a proper fitting ski boot, including foot length, foot shape, ability and personal preference. These charts are designed to provide an approximate sizing recommendation. To best find a ski boot for your individual needs, it is advised you visit your local ski shop or boot fitter. Click [HERE](#) to find store near you.

The ski boot sizing system is known as Mondopoint, which was developed by the ski industry to create a universal sizing system. Mondopoint is calculated by the length of one's foot in centimeters, from the heel to the big toe. As in all sizing scales, this only gives one dimension of the foot. Width and total foot volume also play large factors in determining whether a ski boot is a good fit or not. For that reason these charts provide two different Mondopoint sizing recommendations, Performance Fit and Standard Fit.

**PERFORMANCE FIT:** Recommended for intermediate to advanced skiers who ski regularly and at higher speeds in all conditions.

**STANDARD FIT:** Recommended for beginner to intermediate skiers who ski less frequently and at lower speeds.

Given that shoe sizes vary from company to company it is best to measure the actual length of your foot in centimeters. To do this simply stand on a piece of paper with your heel against a wall and draw a line at the furthest forward point of your toes. For best results make sure your foot is fully weighted when you are marking the end of your toes. Now measure the marked paper in centimeters and that will give your Mondopoint size.

# HOW TO CHOOSE THE RIGHT SKI BOOT

In addition to the size, we have to evaluate two other factors for choosing the correct ski boot: **last** and **flex**.

## LAST

The width of foot's sole changes from person to person, that's why our ski boots have different volumes to meet the needs of every skier.

Nordica ski boots are divided into:



**LAST 98MM:** for skiers with narrow foot's sole or for those who prefer a more enveloping fit



**LAST 100MM:** for skiers with medium foot's sole or for those who prefer a precise fit



**LAST 102MM:** for skiers with a wide foot's sole or for those who prefer a comfortable fit

## FLEX

Using and mixing different plastic we get a variety of models with more or less rigid flex to meet the needs of every skier.

Nordica ski boots are divided into:



**MAN**

- **Flex 140-120 – hard:** for expert and more robust skiers
- **Flex 110-90 – medium:** for intermediate and/or
- **Flex 80-60 – soft:** for beginners or lighter skiers



**WOMAN**

- **Flex 115-95 – hard:** for expert and more robust female skiers
- **Flex 85-75 – medium:** for intermediate and/or medium-sized
- **flex 65-55 – soft:** for beginners or lighter female skiers



**JUNIOR**

- **Flex 90 – hard:** models for young more expert skiers
- **Flex 70-60 – medium:** for young intermediate skiers
- **Flex 50-25 – soft:** for young skiers with first-time skiing