

Z-Trek  
Z-Trail

NOTE: the Z-Trek (outside line) is a BIT longer than the Z-Trail (inside line)

## Z-Trek / Z-Trail Women's 7

Foot length - up to  
240 mm / 9 1/2 inches

1. Print this page at ACTUAL SIZE (100% scale).

Compare the scale marker on this page with a ruler.

If the scale isn't correct, your Xero Shoes will not fit correctly, so adjust accordingly.

2. Position your bare foot on this page inside the outline.

If your foot extends past the border, try a larger size.

If this is too narrow, try a "men's" size.

If there is more than 1/4" (6mm) of space past your heel and the front of your toes, try a smaller size.



Remember, you can trim the toe area of your Z-Trek to match your foot shape.

Questions? Need help?

Call 303.447.3100

For more information about measuring and sizing, visit:

[www.XeroShoes.com/xerofit](http://www.XeroShoes.com/xerofit)