

MBT SIZE CHART

2/3 Sizes		
Swiss/MBT	US WOMENS	US MENS
35	5.5	
35 2/3	6	
36 1/3	6.5	
37	7	
37 2/3	7.5	
38 1/3	8	
39	8.5	
39 2/3	9	
40 1/3	9.5	
41	10	8
41 2/3	10.5	8.5
42 1/3	11	9
43		9.5
43 2/3		10
44 1/3		10.5
45		11
45 2/3		11.5
46 1/3		12
47		12.5
47 2/3		13
48 1/3		13.5
49		14

Whole Sizes		
Swiss/MBT	US WOMENS	US MENS
35	5.5	
36	6-6.5	
37	7	
38	7.5-8	
39	8.5	
40	9-9.5	
41	10	8
42	10.5-11	8.5-9
43	11.5	9.5
44		10-10.5
45		11
46		11.5-12
47		12.5
48		13-13.5
49		14

applies only to sandals and sport high models



MASAI BAREFOOT TECHNOLOGY SINCE 1400BC

The Red Lifestyle fits a bit snug, so we recommend ordering a half-size up