Indoor climbing shoes guide

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## SHOE SIZE GUIDE (JUNIOR)

UK									2	2.5	3	3.5	4	4.5	5
USA									3	3.5	34	4.5	5	5.5	6
EUR	27	28	29	30	31	32	33	34	35	35.5	36	36.5	37	37.5	38

## SHOE SIZE GUIDE (SENIOR)

UK	5.5	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	13
USA	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11	11.5	12	12.5	13	14
EUR	38.5	39	40	41	41.5	42	42.5	43	44	45	45.5	46	46.5	47	48







After weeks of renting, I will soon be buying my own shoes for bouldering. The amount of information on climbing shoes can be overwhelming, so I am sharing with you the basics that will guide my decision on what to buy. The first thing I learned is that one's first bouldering shoes will be a lot different from the shoes that will be needed later after having gained some strength and skill in the gym. Your first bouldering shoes should be reasonably snug – but not tight – with a straight, symmetrical sole to allow comfortable walking, and a Velcro closure for quick on and off. The shoes should have some stiffness to provide support while your feet are gaining strength. A shoe made of synthetic materials will give the most precise fit because it won't stretch out. The shoe should not rub against the ankle when you gin experience and have been bouldering for a while, your feet will be stronger, you will have learned effective foot placement, and you will have a much better dea of how well you land on your feet. These skills will help you to refine your next choice of climbing shoes, but for now, you need shoes that will provide the extra support and easier edging on footholds. It is better to start off with a stiffer shoe for the first pair because although pliable shoes offer the best sensitivity, your feet will initially need a stiffer shoe to avoid strain injury. As you gain foot strength, you will be able to progress to more flexible shoe options. The stiffers thocice is a board-lasted shoes, where the foot rests on an insole. Unless you are a very heavy person, however, board-lasted shoes are nuch more suitable for indoor bouldering. The avent pliable shoe stiffer shoe to all week will not all stiffer shoe to all week will be a sock, and they off fer support because it provides the walk inguine and stiffer shoe to all week week will be a sock and the set option because of the extreme lack of foot sensitivity because there are gaining strength. As under the shoes should have a much better shoe should have a mu

not adjustable. These need to be sized very tight to prevent any foot movement inside the shoe. The advantage of slippers is that they are quick to slip on and off, which is very handy in bouldering gyms. However, due to their flexibility, slipper styles require a lot of foot strength and are therefore not a good choice for beginners. Because of the tight fit, they are also uncomfortable to walk around in, and are painful if kept on for long hours of bouldering. Lace-ups are a great option for a customized fit. Climbing shoes do stretch out with use, and the laces will allow you to adjust the fit as needed. They have to stretch out with use, and the laces will allow you to adjust the fit as needed. They are also uncomfortable to walk around in, and are painful if kept on for long hours. The yet concluster makes it quick and easy to get the shoes on and off, which is very handy in bouldering you will be using shoes do read to a support style and lace-ups are shoes with a Velcro closure makes it quick and easy to get the shoes inps for the have room to move around in the shoes. Jose-fitting shoes do stretch out with use. Leather shoes, get a great place to buy climbing equipment. Climbing shoes are tricky to fit, so it is much better to buy them in person than over the internet. Here are some tips to ensure a successful purchase: The most important thing to consider is that your foot should not have room to move around in the shoe. Allo beads on the held of the shoe the shoe shipping off when you are that beads eastered out with use. Leather shoes, sepecially unlined leather shoes, will stretch more than to set that is more your dout foot to use shifting at all inside the shoe. Do not wears socks when the uside and then the outside age of the shoe to get a feel for its performance. While on the foothold, also test for fit; you do not twe shoes that are sont. Heater shoes, and the adventage of the shoe to yeel a feel for its performance. While on the bouldering, you will be using first the inside and then the outs

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