

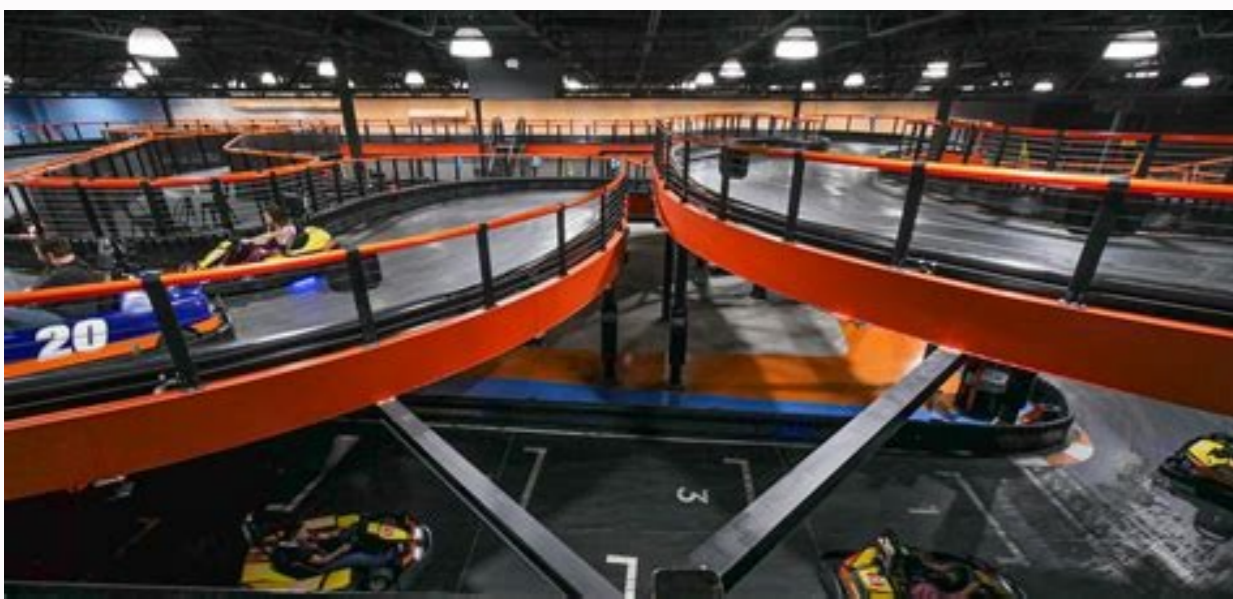
Continue

SHOE SIZE GUIDE (JUNIOR)

UK									2	2.5	3	3.5	4	4.5	5
USA									3	3.5	4	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 flex and rotate your foot. When you gain 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 idea 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 safety that a beginner needs. The First Consideration: How Stiff Is the Shoe? Deciding on the stiffness of a bouldering shoe is a tug of war between the benefits of flexibility, which overall gives better sensitivity and performance, and the benefits of stiffness, which offers 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 stiffest choice is a board-lasted shoe, where the foot rests on an insole. Unless you are a very heavy person, however, board-lasted shoes are not the best option because of the extreme lack of foot sensitivity. Slip-lasted shoes are much more suitable for indoor bouldering. These types of shoes curve around the foot like a sock, and they offer more sensitivity because there are fewer shoe layers between your foot and the wall. Most climbing shoes are slip-lasted. You can identify a slip-lasted shoe by the sewing seam showing on the inside of the foot bed. In contrast, the inside of a board-lasted shoe will look like the inside of a regular shoe, with an insole. Slip-lasted shoes are available in different levels of stiffness. If you have a slight build, you may be fine with a more pliable slip-lasted choice, but someone with a heavier build will need a stiffer shoe for the extra support. Now Let's Look at Shoe Shape An aggressive climbing shoe will have a downturned toe and an asymmetrical shape that curves the foot inwards to put most of the force on the large toe. These require strong feet and precise footwork, and are not appropriate for beginners. For your first pair of climbing shoes, choose a flat bottom and a more symmetrical shape that does not distort the foot. A flat and symmetrical shoe, where there is no inward curve, is a better choice for a beginner because it provides the most comfort and safety. Any torque in the shoe, such as that created by a downturned toe and curved shoebox, increases the chance of an ankle sprain when jumping down from the wall. Also, as a beginner, you will find that flat symmetrical shoes provide the most comfort for long training sessions. Yes, Style Is Actually Important Style matters because it affects how good of a fit you can get, and how quick or slow it will be to put on and take off the shoes. What is meant by shoe style is actually related to the type of closure on the shoe. The closure can be slipper, lace-up, or Velcro. Slipper styles are the most sensitive option, but they have no laces and therefore are

