

OCS Boot Fit Guide

- **Evening is best.** Afternoon or evening is the best time to try on your new footwear, since your feet generally swell throughout the day. If your brand new boots fit perfectly first thing in the morning, they may be too tight by the time afternoon rolls around. After you've determined a proper fit in the afternoon/evening, you should also make sure your boots fit OK first thing the next morning.
- **Check the initial fit.** Seat your heels firmly into the heel cups of the boots, lace them up and stand up. They should feel snug around the ball and instep of your foot, but loose enough that flexing your foot forward is not uncomfortable.
- **Try on both shoes.** Since most people have one foot that's slightly larger than the other, try on both shoes. Try to walk on both carpet and hard surfaces to get an idea of different surface traction. If possible, walk up and down an incline to check for foot movement inside the boots. Check for heel lift and toes touching the end of the boot.
- **You should be able to wiggle your toes inside the toe box** (the front of the shoe). To see if you have enough room, slide your foot forward so your toes are just touching the end of the unlaced boot. In this position, you should have a finger's width (about $\frac{1}{2}$ ") between the base of your heel and the boot. This will allow toes to spread to keep your feet stable and provide room for natural foot swelling; it will also prevent cutting off the circulation which leads to cold feet.
- **Your heel should stay in place.** After lacing there should be no more than $\frac{1}{4}$ " of movement in your heel. This will reduce friction that can lead to blisters and will prevent your foot from sliding forward as you walk downhill. If your foot feels like it's "floating" inside the boot, try a half size down.
- **Socks.** Make sure you try on footwear with the socks that you intend to wear with them.