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## Bont size guide

We advise matching the CM or JP number on your current shoes with the "Internal Shoe Length" MM measurement on our size chart. This ensures a consistent shoe size with minimal change. DO NOT MATCH US/EU/UK SIZING. To determine your Bont Cycling shoe size, download and print our sizing page in US Letter or A4 and follow instructions exactly as listed. You can also use the Brand Comparison tool to compare your current cycling shoes with suitable Bont sizes. Note both feet' widths for optimal fit. **\*\*Shoe Size Chart\*\*** For various Bont Cycling and Vaypor shoe models, we provide size charts to help you find your perfect fit. **\*\*Size Charts by Model\*\*** 1. **\*\*Vaypor and Helix\*\*** Use the table below to determine your size. \* Internal Shoe Length (cm): 225-315 \* Foot Length Range (cm): + Narrow: 216-230, 231-245, etc. + Standard: 84-102, 103-119, etc. + Wide: 96-111, 112-128, etc. 2. **\*\*Zero+, Vaypor+ Kangaroo, and Crono MK2\*\*** Use the table below to determine your size. \* Internal Shoe Length (cm): 225-315 \* Foot Length Range (cm): + Narrow: 216-230, 231-245, etc. + Standard: 84-102, 103-119, etc. + Wide: 96-111, 112-128, etc. 3. **\*\*Vaypor TB\*\*** Use the table below to determine your size. \* Internal Shoe Length (cm): 223-317 \* Foot Length Range (cm): + Narrow: 210-225, 226-240, etc. + Standard: 81-101, 102-121, etc. + Wide: 91-111, 112-129, etc. **\*\*How to Use the Size Charts\*\*** Match your internal shoe length and foot length range with the corresponding size on the table. \* If you don't see your size listed, please contact us for assistance. Note that I've condensed the text into a more readable format while preserving the essential information. Range: 84-121 Motion: Bont Cycling USA/44½-122, Bont Cycling EU/36-310 Internal Shoe Length: 225-305 Foot Length Range: 216-310 Width Range: 84-119 To find your Bont Cycling shoe size, match the CM or JP number on your current shoes to our "Internal Shoe Length" measurement. This will give you the same shoe size as you are wearing now. The Bont Cycling shoe size chart does not accurately reflect the actual width of the foot. The shoes are designed to provide support throughout the entire length, including the forefoot, with an intentionally narrower fit. This design allows for structural support while also accommodating different foot shapes and sizes. If your feet measure wider than 109/110mm (size 45/10.5), it's recommended to consider a Wide fit shoe. However, the actual width of the shoe will be slightly narrower due to this design feature. It's essential to note that Bont Cycling shoes are designed with an anatomically correct last suitable for cycling, but they do not follow the same narrow profile as 'bare foot' running shoes. For sizes outside the recommended chart, please contact customer support for assistance. The shoe size chart includes various ranges: - Standard Range: Suitable for most people's feet (84-102) - Wide Range: Designed for wider feet (96-101) - Narrow Range: Suitable for narrower feet (81-90) Please refer to the specific size chart provided for each model, as they may vary. **\*\*Measuring Your Foot Length and Width\*\*** To find your correct shoe size, you need to measure the length and width of each foot. Here's how: 1. Stand with one foot on a blank piece of paper taped to the floor. Make sure your heel is barely touching the wall. 2. Mark the longest part of your foot (heel-to-toe length) and widest part of your foot on the paper. 3. Repeat this process with the other foot, as the right and left feet may be different sizes. **\*\*Using a Ruler to Measure\*\*** Use a ruler to measure the heel-to-toe length and width of each foot in millimeters. **\*\*Size Chart Conversion\*\*** You can refer to the size chart below to convert your foot length measurements from millimeters to Bont shoe size. If you have a narrow or wide foot, use the online calculator provided by Bont Cycling. The size chart shows the approximate conversion of foot length in mm to Bont size: \* 150-162mm: C (men's) / 9 (women's) \* 163-171mm: C \* 172-179mm: D \* 180-188mm: E \* 189-198mm: F \* 199-203mm: F \* 204-207mm: G \* 208-219mm: G (continued) \* 216-220mm: Bont Size 1 (men's) / Euro Size 34.5 \* 221-225mm: Bont Size 2 (men's) / Euro Size 35 91-92 – 96-97 – 101-77 – 81-220 – 224-3 – 35-84 – 93-94 – 99-99 – 103-79 – 83-225 – 228-3.5 – 35.5-85 – 94-95 – 99-100 – 104-80 – 84-229 – 232-4 – 36-86 – 97-102 – 106-82 – 233-237-4.5 – 36.5-87 – 98-103-107-82-238-241-5-37 – 99-98-99-103-104-108-84-242-246-5.5-37.5-90-101-105-106-110-85-247-250-6-38 – 91-101-102-106-107-111-86-251-255-6.5 – 38.5-92-104-108-109-113-87-256-259-7-39 – 94-105-110-114-89-260-264-7.5-40 – 95-106-110-115-90-265-268-8-41 – 96-107-112-117-91-269-272-8.5-41.5-97-109-113-118-92-273-277-9-42 – 99-111-115-116-94-278-281-9.5-43 – 100-112-117-121-95-282-286-10-44 – 101-112-113-117-96-287-290-10.5-45 – 102-114-115-119-97-291-295-11-46 – 104-115-116-120-99-296-299-11.5-47 – 105-118-122-123-100-300-304-12-48 – 106-118-119-123-101-305-308-12.5-49 – 107-119-120-124-102-309-313-13-50 – 109-121-122-126-104-314-317-13.5-51 – 110-123-127-128-105-314-317-IMPORTANT note all sizes shown are in millimeters and pertain to current models purchased after 2015 internal shoe length is the internal measurement of the shoe in millimeters we recommend at least a five to eight mm gap between longest toe and front of the shoe if uncertain go up size chart foot length range is our recommended length for each size without socks it is always a five millimeter difference between longest foot length range compared to corresponding internal shoe length this is only a guide if unsure go one size up chart as bont cycling shoes run smaller than other brands eu/us sizing standard wide double wide range refers width recommendations for each width option this should be taken using your widest foot measured at forefoot upper limit width go next width option click here opens new tab scroll bottom page click contact us send measurements along current cycling shoe brand model size fit feedback assisting making selection includes vaypor sl vaypor boa 2023 vaypor lace riot 24 and riot g tip rotate phone horizontally best viewing experience bont cycling usa 4 4.5 5 – 6 6.5 7 – 7.5 8 – 8.5 9 – 9.5 10-10.5-11 – 11.5-12 – 12.5-13 – 14 bont cycling eu 36-37-38-39-40-40.5-41-42-42.5-43-44-44.5-45-46-46.5-47-48-49-50 internal shoe length 225-230-235-240-245-250-255-260-265-270-275-280-285-290-295-300-305 foot length range 216-220-221-225-231-235-236-240-241-245-246-250-251-255-256-260-261-265-266-270-271-275-276-280-281-286-290-291-295-296-300-301-305 Motion Size Chart Includes Motion Tip: Rotate your phone horizontally for best viewing experience Bont Cycling USA: \* Sizes: 4, 4½, 5, 6, 6½, 7, 7½, 8, 8½, 9, 9½, 10, 10½, 11, 11½, 12, 12½, 13, 14 Bont Cycling EU: \* Sizes: 36, 37, 38, 39, 40, 40.5, 41, 42, 42.5, 43, 44, 44.5, 45, 46, 46.5, 47, 48, 49, 50 Internal Shoe Length: \* Measurements: 225, 230, 235, 240, 245, 250, 255, 260, 265, 270, 275, 280, 285, 290, 295, 300, 305, 310, 315 Foot Length Range: \* Measurements: 216-220, 221-225, 226-230, 231-235, 236-240, 241-245, 246-250, 251-255, 256-260, 261-265, 266-270, 271-275, 276-280, 281-285, 286-290, 291-295, 296-300, 301-305, 306-310 Width Range: \* Measurements: 84-93, 85-94, 87-95, 88-97, 89-98, 91-100, 92-102, 93-103, 94-105, 96-106, 97-107, 98-108, 100-110, 101-111, 102-113, 104-114, 105-116, 106-117

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