NORDICA

Ski Boot Sizing Chart

Men's

FOOT SIZE			SIZING RECOMMENDATION	
US MEN'S SIZES	EURO MEN'S SIZES	UK SIZES	MONDO POINT SIZES STANDARD FIT	MONDO POINT SIZES PERFORMANCE FIT
4.5	36	3.5	22.5	21.5
5	37	4	23	22
5.5	38	4.5	23.5	22.5
6	39	5	24	23
6.5	39	5.5	24.5	23.5
7	40	6	25	24
7.5	40-41	6.5	25.5	24.5
8	41	7	26	25
8.5	41-42	7.5	26.5	25.5
9	42	8	27	26
9.5	42-43	8.5	27.5	26.5
10	43	9	28	27
10.5	43-44	9.5	28.5	27.5
11	44	10	29	28
11.5	44-45	10.5	29.5	28.5
12	45	11	30	29
12.5	46	11.5	30.5	29.5
13	46-47	12	31	30
13.5	47	12.5	31.5	30.5
14	48	13	32	31
14.5	48-49	13.5	32.5	31.5
15	49	14	-	32
15.5	50	14.5	-	32.5

Women's

FOOT SIZE			SIZING RECOMMENDATION	
US WOMEN'S SIZES	EURO WOMEN'S SIZES	UK SIZES	MONDO POINT SIZES STANDARD FIT	MONDO POINT SIZES PERFORMANCE FIT
4.5	35	2.5	21.5	-
5	35-36	3	22	-
5.5	36	3.5	22.5	21.5
6	36-37	4	23	22
6.5	37	4.5	23.5	22.5
7	37-38	5	24	23
7.5	38	5.5	24.5	23.5
8	38-39	6	25	24
8.5	39	6.5	25.5	24.5
9	39-40	7	26	25
9.5	40	7.5	26.5	25.5
10	40-41	8	27	26
10.5	41	8.5	27.5	26.5

Junior			
FOOT SIZE			SIZING RECOMMENDATION
CHILD SIZES (US)	YOUTH SIZES (US)	UK SIZES	MONDO POINT SIZES
8		7	14
8.5		8	14.5
9		8.5	15
9.5		9	15.5
10		9.5	16
10.5		10	16.5
11		10.5	17
11.5		11	17.5
12		11.5	18
12.5		12	18.5
13	1	12.5	19
13.5	1.5	13	19.5
	2	1	20
	2.5	1.5	20.5
	3	2	21
	3.5	2.5	21.5
	4	3	22
	4.5	3.5	22.5
	5	4	23
	5.5	4.5	23.5
	6	5	24
	6.5	5.5	24.5
	7	6	25
	7.5	6.5	25.5
	8	7	26
	8.5	7.5	26.5
	9	8	27
	9.5	8.5	27.5
	10	9	28

Finding a properly fitting ski boot involves multiple factors, including foot length, foot shape, skill level, and personal preference. These charts offer a general sizing recommendation, but for the best fit, visit a local ski shop or boot fitter. Click HERE to locate a store near you.

Ski boot sizes are measured using the Mondopoint system, a universal sizing method developed for the ski industry. Mondopoint is based on the length of the foot in centimeters, measured from the heel to the big toe. However, length alone doesn't capture all aspects of fit—width and overall foot volume are also important. To address this, our charts provide two Mondopoint sizing options: Performance Fit and Standard Fit.

Since shoe sizes vary across brands, it's best to measure the actual length of your foot in centimeters. Stand on a piece of paper with your heel against a wall, mark the farthest point of your toes, and measure the length in centimeters. Ensure your foot is fully weighted while measuring for accuracy. This measurement corresponds to your Mondopoint size.

PERFORMANCE FIT: Recommended for intermediate to advanced skiers who ski regularly at higher speeds and in various conditions.

STANDARD FIT: Recommended for beginner to intermediate skiers who ski less frequently and at lower speeds.

How To Choose The Right Ski Boot

In addition to the size, we have to evaluate two other factors for choosing the correct ski boot: **last** and **flex**.

Last

The width of foot's sole chages from person to person, that's why our ski boots have different volumes to meet the needs of every skier.

Nordica ski boots are divided into:



Last 98mm: for skiers with narrow foot's sole or for those who prefer a more enveloping fit



Last 100mm: for skiers with medium foot's sole or for those who prefer a precise fit



Last 102mm: for skiers with a wide foot's sole or for those who prefer a comfortable fit

Flex

Using and mixing different plastic we get a variety of models with more or less rigid flex to meet the needs of every skier.

Nordica ski boots are divided into:



Man

- **Flex 140-120 – hard:** for expert and more robust skiers
- **Flex 110-90 – medium:** for intermediate and/or
- **Flex 80-60 – soft:** for beginners or lighter skiers



Woman

- **Flex 115-95 – hard:** for expert and more robust
- **Flex 85-75 – medium:** for intermediate and/or medium-sized
- **Flex 65-55 – soft:** for beginners or lighter female skiers



Junior

- **Flex 90 – hard:** models for young more expert skiers
- **Flex 70-60 – medium:** for young intermediate skiers
- **Flex 50-25 – soft:** for young skiers with first-time skiing

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