



Happy Little Soles

UK Size Conversion Table



At [Happy Little Soles](#) we measure our shoes internally (in centimetres) using a special internal sole measurer. This usually provides a more accurate internal centimetre measurement for each shoe which we then convert into the equivalent UK size.

It is worth noting that there is no current standard cm specification for each UK shoe size and this table is our advisory conversion for medium width feet.

You are advised to read the brand and item description pages on our website, for each product, as we regularly update these based on customer feedback for size, width and fit.

- **BOOTS** (including wellingtons) - We recommend trying a half size above the recommended UK size to allow for thicker socks and extra growing room. An insole and/or a thicker winter sock can help if a boot is slightly too large at first.
- **SHOES AND TRAINERS** - Please refer to the UK size specified in the table. We have based this on medium width feet, however very narrow thin feet might need to go down by ½ a size whereas very wide feet may need ½ a size bigger.
- **SANDALS** - Usually need less growing room due to their more open-toe design and can be worn without socks. For a sandal we recommend choosing half (or even a whole size) below your normal shoe size to give a better fit.

Please refer to our [brand and item description pages](#) to check the internal cm measurements for each shoe and specific fitting advice. We update product information regularly, based on experience and customer feedback.

If you need any help with your purchase, please refer to our comprehensive [FAQ's](#) or contact our Customer Services team - <mailto:contact@happylittlesoles.co.uk>



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Please use this conversion table to convert the cm measurement for your child's foot into the advised UK shoe size. The conversion is based on taking the actual foot measurement and adding 0.8cm for growing room.

Please read our notes above on how to adjust this size for different styles and widths.

Actual Foot length (cms)	UK Size <i>(HLS Advisory size based on adding an average 0.8cm growing room)</i>
10 – 10.3	1.5
10.4 – 10.7	2
10.8 – 11.1	2.5
11.2 – 11.5	3
11.6 – 11.9	3.5
12 – 12.3	4
12.4 – 12.7	4.5
12.8 – 13.2	5
13.3 – 13.7	5.5
13.8 – 14.2	6
14.3 – 14.7	6.5
14.8 – 15.1	7
15.2 – 15.4	7.5
15.5 – 15.8	8
15.9 – 16.2	8.5
16.3 – 16.6	9
16.7 - 17	9.5
17.1 – 17.5	10
17.6 – 17.9	10.5
18 – 18.3	11
18.4 – 18.7	11.5
18.8 – 19.1	12
19.2 – 19.5	12.5
19.6 – 19.9	13
20 – 20.2	13.5
20.3 – 20.7	1 junior
20.8 - 21	1.5 junior
21.1 – 21.4	2 junior
21.5 – 21.8	2.5 junior
21.9 – 22.2	3 junior
22.3 – 22.5	3.5 junior
22.6 – 22.8	4 junior
22.9 – 23.1	4.5 junior
23.2 – 23.5	5 junior
23.6 – 23.9	5.5 junior
24 – 24.3	6 junior