ALP
ALP forest

NORTEC®
micro crampons

Perfect fit - size chart

How to check the right size of your Micro Crampons

The right size of your Micro Crampons does not only depend on your shoe size! To ensure a perfect grip on the shoe and therefore an unrestricted use it is also neccessary to check the dimension and the structure of the shoe itself.

How to determine your size quickly and easy, we show you here:

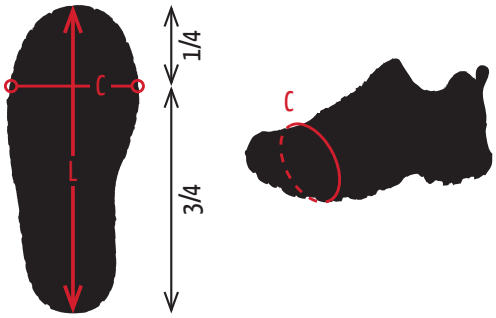
Art.	Modell	Weight pair	Size	Shoe size EUR	Shoe size USA
20020	Crampon mod. Nortec ALP20 size M	430 g	M	35 - 39	5 - 7
20030	Crampon mod. Nortec ALP20 size L	460 g	L	40 - 43	8 - 9.5
20040	Crampon mod. Nortec ALP20 size XL	470 g	XL	44 - 48	10 - 13
20050	Crampon mod. Nortec ALP20 size XXL	480 g	XXL	46 - 50	11.5 - 15

Due to the different shoe assemblies and fit variants / brands, we have developed the table below for absolute fit so that you can be sure that your Micro Crampon fits and holds perfectly on your individual shoe.

step 1

Check the dimension of your shoes, by taking the measures L and C:

L = **Length** of the shoe, measured at the sole
C = **Circumference** of the shoe, measured at the top 1/4 of the shoe



step 2

Choose the right size of your Micro Crampons from this table;
horizontal: circumference (C) - vertical: length (L)

C - Circumference (cm)

L - Length (cm)	24	24,5	25	25,5	26	26,5	27	27,5	28	28,5	29	29,5	30	30,5	31	31,5	32	32,5	33	33,5	34	34,5
25	M	M	M	M	M	M	M	M	M	M	M											
25,5	M	M	M	M	M	M	M	M	M	M	M											
26	M	M	M	M	M	M	M	M	M	M	M											
26,5	M	M	M	M	M	M	M	M	M	M	M											
27	M	M	M	M	M	M	M	M	M	M	M											
27,5	M	M	M	M	M	M	M	M	L	L	L	L	L	L	L	L	L					
28						L	L	L	L	L	L	L	L	L	L	L	L					
28,5						L	L	L	L	L	L	L	L	L	L	L	L					
29						L	L	L	L	L	L	L	L	L	L	L	L					
29,5						L	L	L	L	L	L	L	L	L	L	L	L	XL	XL			
30						L	L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL			
30,5						L	L	L	L	L	L	L	L	XL	XL	XL	XL	XL	XL			
31						L	L	L	L	L	L	L	XL	XL	XL	XL	XL	XL	XL			
31,5						L	L	L	L	L	XL	XL	XL	XL	XL	XL	XL	XL	XL	XXL	XXL	XXL
32								XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XXL	XXL	XXL	XXL
32,5								XL	XL	XL	XL	XL	XL	XL	XL	XL	XL	XXL	XXL	XXL	XXL	XXL
33								XL	XL	XL	XL	XL	XL	XL	XL	XL	XXL	XXL	XXL	XXL	XXL	XXL
33,5								XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	
34								XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL		
34,5								XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL	XXL			