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As a climber you have probably seen La Sportiva – a shoe climbing solution often and there are a ton of reviews. In fact, it's the most popular indoor boulder shoes you can see in my recent review on the subject. If you are thinking about getting solutions you may have asked yourself to choose size. Look no further: I asked 84 climbers from around the world about the size of La Sportiva's solution and what their thoughts are about this climbing shoe. Of course the size depends on the shape of your feet and climbing skills but on average, the little men's La Sportiva solution is -1.3 size (U.S.) compared to the size of their street shoes. Women's Small Size -1 Size (U.S.). Be sure to check the insight table where I share all the survey results with specific foot shapes and compare sizes for the men and women below. La Sportiva Solutions – Our HistoryBefore design has a deeper look at the data, I want to share a few background information about the solution.The first solution release was in 2007 and the same year it has been awarded the 2007 iF Product Design Award by an international jury. The original La Sportiva - SolutionQuickly, it has become a classic for climbing and slate shoes and it's still one of the top picks even more than 10 years after its release. In 2018, La Sportiva released a new version with a few cosmetic changes and an upgraded closure system for straps. The 2018 version of La Sportiva – The solution before I knew the difference, I find it quite confusing to see those different versions with the same name while searching online shops, so I hope it's clear to you now as well. ©La Sportiva Solutions – FactsI size asked 84 hikers and boulders who own the solution the following questions: What shape your leg? What street shoe do you have? Which size do you have for your La Sportiva solutions? How do you like solution connections? What do you like about solutions? What do you like about solutions? Looking at the survey data was very interesting and I chose a few key insights to highlight here:The average SizingOn man, small men have their own solutions for 1.3 size (U.S.) compared to their street shoe sizes. In fact, a participant with feet in width and thin heels and even a large midfoot of his half-size shoes is quite unusual. Only two male participants also used the same shoe size for their street shoes and climbing shoes. The average SizingOn woman, small women have their own solutions for size 1 (U.S.) compared to the size of their street shoes. Again, we are a woman with slim, long, step-up legs who took an unusual approach to enlarge the size of her climbing shoe half-size compared to the size of her street shoes. Here only one participant used the same size for both climbing sizes and street shoes. What do people like? Sportiva – Solution? When they break in, they have to be fabulous for most purposes, not shoes all day though. very the feet. When I wear them, I feel like I can walk on everything. It's got a lot of power on the feet, so aggressive with an perhaps exact one I just prefer Scarpa – vs instinct for my soft rubber I like how much they focus the pressure to their big. Feel very careful with aggression but also support through the ball from your feet. Trust these hook heels for my life. I have a newer one (2018) and it fits my feet perfectly. Its hook and thumbs point are amazing. because their box is so good . But the strap continued to tear down so I switched to La Sportiva-Skwama. What people don't like about LA Sportiva - the solution? Sewing until the end of Velcro on a shoe begins to undone after about a month. But, I still love them! The clause broke twice. I prefer Scarpa-Drago. The heel is a little big and the women's version doesn't have the same rigidity as ☹️. Also because the rubber is so sticky they wear fast. They took a long time to break in and after having sewed them for about 3 months for Velcro was coming loose and I had to fix it. They tend to rub against the claws of the claws of my big claws, but I just put a small chunk of cotton or bandages helping there and I'm good to go all day. DataBelow size you can see tables with survey responses for men and women. It is very useful to figure out which size you need for your La Sportiva solutions depending on the shape of your foot and street shoe size. This table looks best and is more useful on a desktop PC, so make sure to send it to your inbox to read again later or try flipping your phone. You can use the search bar to filter the table for your shoe size or specific foot shape features such as low volume, wide feet or other features you may be interested in. Man Size Data Woman Size DataWhich Mountaineering Shoe Size Guide Do You Want Next? This size guide was quite a bit of an effort so if you think about buying La Sportiva – solution, please click on my affiliate link to support more surveys like this. (The solution is actually on sale for -11% on EpicTV now, 05/09/2019) the price does not change for you and I may get a small commission to buy. Do you like this kind of measurement guide? Please comment that my climbing shoes should review next and share this article with your friends. If you like climbing, you absolutely love my key holder for hikers! You may also like my survey about the most popular chalk for boulders. Feel free to share this on Pinterest or other I platforms using affiliate links and may receive a small commission on Read more about me. BestBoulders participated in amazon services LLC affiliate program and EpicTV affiliate program, affiliated with advertising programs designed to provide a means for sites to earn advertising costs by advertising and connecting to amazon.com or epictv.com. Latest in All Major Kelsey Botelho Forums · April 3rd, 2018 · Unknown birthplace how much la sportiva solutions stretch? I wear size 7 women and the shoes hurts very well now and just hoped that I didn't go to little Eddie Ferrer · April 3rd, 2018 · Portland, or did you check the size of the squirrel? Now there are thousands of users' shoes in there, and it will give you a very good representation of what size other people wear.... David K · April 3rd, 2018 · New Paltz, NY Kelsey Botelho wrote:How much do la sportiva solutions stretch? I wear size 7 women and the shoes hurts very well now and just hoped that I would not stretch to the small one they were significantly in my experience. Pajama Jeans · April 3rd, 2018 · Las Vegas has just a brand new pair, they fit almost the same old pair as my old pair, 2-year-old Kelsey Botelho · April 3rd, 2018 · Unknown hometown thanks for the help I think I have decided to step it in size! J Squared · April 3rd, 2018 · Unknown birthplace it's usually very hard to stretch shoes that have a lot of rubber around the box of Congo L pie · April 3rd, 2018 · Jeans pajama unknown hometown wrote just got a brand new pair. They fit in almost like my old pair, who's 2 years old. Don Ton · Aug 19, 2018 · Gardena, CA How much people typically size down on this? Harumpfster Boondoggle · Aug 19, 2018 · between yesterday and today · If you look at the country site behind and check you can sense what people are doing for size. dHM6c29sdXRpb25zIGxhIHw3J0aXZhOjE6NDpz2x1dGlVbnMgbGEgc3BvcnRpdmE= After reading tons of reviews here and other sites, I decided I wanted to buy my first pair of more aggressive shoes, and bought some La Sportiva Futura shoes. I wear a size 42 street, and having read all these reviews I bought a size 40 with Futuras, think that I'm in size being a little too big. I'm so excited to try out these shoes without an edge, but it practically took the jackhammer to get my feet into these things. Well, no problem, I had ordered them without trying on any LA sneakers before, I would send them back. I went to my local mountaineering gym today to try on some of the same brand shoes today. They had solutions but not photoras. Every review I have read to date says that for the future you have significantly more of a small solution, but the 40.5 size solutions fit perfectly. I'm so confused because this Against all the other reviews I read according to size. I really, really want to pull the trigger on the photoras, but now I don't want how much I have to order. None of the gyms or local shops in my area carry them. Anyone who can help me choose the right size??? I'll wear a street shoe the size of 9. Top 2 16 la Sportiva shoe reviews are made in half the size of Europe that increase smaller than the size of the US half. This gives us four extra sizes per run size, which gives you a better fit! More sizes = better fit! 33 2.5 33.5 3 2.5 34 3.5 3 34.5 4 3.5 35 4.5 4 35.5 5 4.5 36 5.5 4.5+ 36.5 5.5+ 5 37 6 5.5 37.5 6.5 6 38 7 6.5 38.5 7.5 6.5+ 39 7.5+ 7 39.5 8 7.5 40 8.5 8 40.5 9 8.5 41 9.5 8.5+ 41.5 9.5+ 9 42 10 9.5 42.5 10.5 10 43 11 10.5 43.5 11.5 10.5+ 44 11.5+ 11 44.5 12 11.5 45 12.5 12 45.5 13 12.5 46 13.5 12.5+ 46.5 13.5+ 13 47 14 13.5 47.5 14 48 14.5 48.5 15 49 15.5 49.5 16 50 FITTING ROCK SHOES Did Mallory and Irvine really reach the summit way back when? Who has the best kung fu? These are questions with easier answers than answers to how to measure your stone shoes. Rat Stadium V15 Climbing will tell you that if your leg feels nothing but sea pain, the shoes are too big. But what does he know - he's probably only 12 years anyway. Veteran Trad will insist that you need to leave room for three pairs of wool socks. Should you fully trust someone who may have suffered from height-induced brain damage? While this is not a black or white issue, a general rule rules that soft shoes require tighter fit, two to three sizes smaller than the size of your street shoe. We recommend you fit your trad shoes one to two sizes below the size of your street shoes. Thick insole creates a platform where you stand, while slipping lasted slippers type shoes reliant on your old toes to create an edging platform. Once you determine your needs, try on different boots in that genre. The last different types fit different legs - that's why we take so long. If it feels good, it probably is. Remember to factor in the stretch. Slipless shoes tend to stretch a little more than lined shoes -- about a full size. Lined shoes are drawn about half a size. Remember: Well-suited comfortable shoes will work better than tighter ill-fitting shoes. La Sportiva's latest diverse families are specifically designed to match the widest possible range of both foot shape and climbing use. We are constantly trying to revolutionize the ascent to shoe development and offer each person the absolute freedom of choice in finding a shoe that is perfect for both their feet and their climbing style. Fitting walks/backpacks and mountain boots and you thought buying a new car was hard... Getting the perfect fit in a pair of hiking boots is rarely as simple as relaying Most good boot fitters will measure your foot on a Nanook device. Overall length is actually a minor element of boot connections. In the ideal world, our left foot will be a mirror image of our right side, while our foot ball lined up exactly with the idea of the last instrument from full leg. This is almost never the case because other factors such as heel-to-ball length, volume, and width are vital in obtaining the perfect fit. A good seller will address any of these issues. To use our size chart to fit mountain boots, find your American size and then across to your European size, and then add a half size. When trying on boots make sure to bring socks you normally wear and use any custom orthotics or footbeds you use. Another note: Our shoes are handmade, and you can experience minor changes in size from pair to pair in given size. What you're looking for is the size that keeps your foot so far a little away from the front of the boot while the lacquer system is snug across the top of your arc. To check the length, you should be able to slip a finger behind your heel when you stand with an unlaced boot and touch your toes front. Fit across the top of your arc is only the most important factor. If the lacquer system here doesn't keep your foot in place, the boot won't be stable while walking on your feet. If the boot is too short, your leg is crushed walking down the hill. Too long and slide your heel up and down and you get blisters. Be patient, ask questions and make sure you fit the right size and boot properly before you hit the trail. Here are a few tips to ensure your new boots fit properly: try your boots on with socks you're going to wear in the field. Try to get them on the later in the day of the foot prone to a little swelling as one day progresses. Wear them just indoors until you are confident about the right. Your feet should feel snug (not tight) from arches to heel pockets with only minimal lifts as you walk. If your heel lift is sure that lacquer is snug rather too loose. Your foot shouldn't touch the front of the boot, but when they kick the foot to the ground, you need to know where the front of the boot is. You want enough room to shake your hand if your toes or sides of your feet feel squid, most likely too narrow width. If you touch your feet in front of the boot, it's likely to be too short and you'll need the size of the next half. Keep all the original packaging that came with boots until you make sure you are happy with your purchase. Leather vs. Leather. Artificial top: Our walk, backpack and mountain boots use only the best leather available. We hand craft our boots using the world's old traditions and high-tech components to provide the best outdoor technical shoes available. We could use cheap leather and cut But we think that making boots in italian dolomites, our way, makes a better boot. Many of our boots feature a high one-piece leather that creates the highest level of water permeability and durability. We use a few different leathers created specifically for La Sportiva to meet the rigid design specifications for each model. ANFIBIO (2.5-2.8 mm): Highly repellent all-grain leather water with grain layer, or top grain, ahead. A special tanning process is used for optimal water resistance. LORICA: A synthetic leather made of very small microfibers for a repelling, respirable and highly durable water material. IDRO-PERWANGER (2.8-3.2+ mm): This premium silicone impregnated with rough leather is made for us by Perwanger Leather Italia. Perwanger has been making leather in Italy's southern thyroid region since 1780 and his Idro-Perwanger tan remains hidden with a special process to make them very water repellent while still breathable. It is the most durable leather available and is made of curium, which is the strongest part of leather. NUBUCK (2.8-2.9 mm): Highly flexible and grainy, high-grain micro-abraded for a soft finish of close-fiber and water leather resistance. Because the grain layer is sandy, this leather accepts water repellent formulas very easily. Leather (1.0-2.0 mm): Leather with buffet surface in varying degrees of naps, from good to coarse brushes. This leather is used in our stone shoes where sensitivity and breathability are the most important. Instructions for taking care of the leather treatment boot outside your boots- if applicable, treat the leather inside your boots as well. How do I care about my boots? Use seam sealer for extreme conditions due to seams and rivets when waterproofingClean boots after each use and re-treated as boots needed for dry air- Do I use Toe heat source boots to be cobbler aware for repairs what should I use to treat my new boots? For the overall purpose of the waterproof product, we have found that Nikwax Blue Waterproof Leather Wax performs bestRe applying this product as necessary or after any use in extreme conditions we also recommend that you sometimes bet Nikwax waterproof wax leather for LeatherIt may be to use oil-based products too, so apply only occasionallyA seam sealer will also help to keep water out* Please note these products may darken the color of the leather What if my boots are Gore-Tex®? We recommend treating leather on your gore boots ® the same as you would in any other leather boot. Durable waterproof gore-® is not influenced by leather, silicon, oil or shoe polish softeners. Eclipse 101 is the best choice of eclipse depends primarily on your intended use and the second in boot construction. Like everything. Certain types are suitable for specific situations, others are not, and there is always overlap. Seek professional advice when shopping for cramps, take your boots to the store and make sure the eclipse is appropriate - sometimes adjustments or minor changes are required. For public climbing, where lower angle snow and average ice climbing are the main route, flexible or semi-rigid crampons are the tools of choice. This will be sufficient for less intense and much more manageable terrain to walk towards your more technical brothers. This type of eclipse can be affixed to your boots in three basic fashions: strap-on, niomatic (aka Rapidfix), and step in (aka Auto). Strap on the Crampons: The strap will work on just about any type of boot, using webbing or neoprene straps to keep the eclipse in place. These are great for versatility, but can be slow to put in. Niomatic crampons: Niomatic crampons are rapidly gaining popularity for their ease of use, and multi-boat compatibility. These have straps on the feet, and heel levers and collateral on the back. This allows you to use them on boots, such as our Trango Alps, which are designed to groove eclipses in heels only. This will allow you to use only one boot and still keep the rock climbing function you need, long after stepping off the glacier. You can use this in any of our other climbing boots as well. Strap a pair onto your Nepal and you'll be ready for couloir black ice. Don't worry about using Newmatics with overboots - they're a safe fit over the extra layer, and it's difficult to put in the wrong. Step in Crumpon: Step in Crumpon has collateral on the front and back and levers the heel to tension it onto the boot. For this to be safe fit, it is necessary to have crampon groove boots on heels and feet, or a full welt for foot collateral and toss heels to rest in. It's the fastest to put and take off and there won't be any loss of circulation from the straps over the top of your foot. Semi-rigid or rigid; Dual and single-point versions are available and it's each of our mountain boots. Choose these according to your climbing needs. Heat-moldable line important instructions: La Sportiva strongly recommends that heat molding be done in an expert shop! The Company does not accept any liability for damages caused to third parties due to improper use of the product. Steps to look for the correct compatibility of the shoe to your feet: turn on the oven and set to an ideal temperature of 130 degrees C. Make sure the outer boot shell is fully open and that it is kept at room temperature. Put the foot flat into line to determine the top height cap inside the boot. Use socks to help slide the feet easily into position. Place the La Sportiva liner in the oven and leave to heat for 10/12 minutes. Take the line from the oven and enter Make sure the seams under the current foot are not deformed. Continue as soon as possible so that the cold coating does not result in the loss of its properties. Tightly seal the liner. Let the foot slip inside the line and shell the line, keep walking open - be careful not to get to the damage line in any way. Make sure the heel is well positioned towards the back of the line. Buckle the outer shell with just sufficient adjustment in tension and set aside the boot until completely dry (about 10 minutes). After care: Removing the line after each outing allows the boot to dry naturally, never avoided by a heat source over-heating shop liners in a cool dry place during the summer months liners can be hand-washed in cold water

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