

Footwear Guide



Our foot health is important and our feet need protection from the elements, so we provide “huts”—footwear—for them.



These “huts” are best bought in the afternoon as feet tend to be at their largest at the end of the day. “Huts” do not have to be expensive, and do not have to be worn all day, every day.

Feet want to be BAREFOOT often.

The HUTS formula is to be used when looking for footwear that will benefit your feet and help you thrive. When it's a challenge to find shoes that match this formula exactly, make sure you aim for having NO HEEL and a TOEBOX area that accommodates each space-loving family of 5 toes, giving them room to move the way they were designed to.

Remember:

- Buy shoes in the afternoon
- **H**eel: none
- **U**pper: well attached
- **T**oebox: wide
- **S**ole: thin and flexible

