



# Bunheads Toe Pads

## Fitting Guide

The guide below is a general recommendation of what size and style pad to begin with when fitting Bunheads products. Our pads should always be tried on at the time of the pointe shoe fitting to ensure the proper fit of the shoe.

When fitting our pads, please take into consideration that there will be a crossover in recommended sizing due to the size, width and shape of the foot and the length of the toes.

The **Ouch Pouch**<sup>®</sup> offers padding under the ball of the foot and takes up slightly more room in the box of the shoe. This pad may be better suited for a narrow to medium or tapered foot, or, for the dancer who prefers more padding.

*Ouch Pouch*<sup>®</sup> *Small* Sizes 1 - 5

*Ouch Pouch*<sup>®</sup> *Large* Sizes 6 - 10

The **Ouch Pouch Jr.**<sup>®</sup> may be better suited for a wider foot or for the dancer who prefers a little less padding than the **Ouch Pouch**<sup>®</sup>. This pad has the most versatility.

*Ouch Pouch Jr.*<sup>®</sup> *Small* Sizes 1 - 6

*Ouch Pouch Jr.*<sup>®</sup> *Large* Sizes 7 - 10

The **Pro Pad**<sup>®</sup> takes up the least amount of space in the shoe. This pad is most suitable for the pre-professional/professional dancer who prefers minimal padding or for the dancer who has a wide foot.

*Pro Pad*<sup>®</sup> *Small* Sizes 1 - 5

*Pro Pad*<sup>®</sup> *Large* Sizes 6 - 10

**All of our pads are hand washable and should be air dried.  
Pads should be removed from shoes and allowed to air dry after each wearing.**