



B.Y.O.S.

Bring Your Own Shoes Tip Sheet for Men

You're willing to walk a mile in her shoes, but are you willing to shop for them?

Each year, the Walk a Mile in Her Shoes® event grows larger at Kent State, but women's shoes large enough for men to wear are difficult to obtain and often donations fall short of attendance. Please show your full support and further your Walk a Mile experience by taking that extra step to bring your own shoes.

- **Know your Size!** Converting your size into a female shoe size is as simple as adding two sizes to the shoe size you normally wear in men's. For example, if you wear a size 10 shoe in the men's department, that is a 12 in women's shoes.
 - When trying on your heels, they should be loose enough so they don't pinch, and tight enough so they don't fall off while walking. You'll want to take at least a few strides around the store, before you buy.
- **Where to Shop:** Goodwill and Village Thrift are two nearby thrift stores for a cheap and often charming selection; though be warned, sizing varies. Payless and Shoe Dept Encore offers shoe sizes up to 13 in women's. It never hurts to call the store ahead of time to check if they have what you need in stock.
 - If you're inclined towards online shopping, eBay is a viable option for larger sized shoes in a more colorful variety than you might see in stores. Some companies that sell up to size 17 women's high heels online are Bordello, Funtasma and Pleaser.
- **Go in Groups:** Bring along your Walk a Mile in Her Shoes® team or buddy, shoe savvy friend, roommate, significant other, or whoever else might be interested for support.
- **Practice makes perfect!** One of the conveniences of having your own shoes for the event is you can practice your walk beforehand. Standing up against rape, sexual assault and gender violence feels great until you fall and twist an ankle.

