



TABLE OF CONTENTS:

Why Barefoot Shoes?	3
Shopping List	5
Navigating the Supply Jungle	7
Examples with Suitable Outer Fabrics	11
Leather Shoes	13
Page Layout Guide	14
The Options	16
Which Options Shall I choose?	17
Picking Your Size and Fit	18
Should I Adjust the Fit?	20
Ideas and Modifications	23
Before Cutting Your Fabric	24
Cutting	25
Fabric Option	25
(Faux) Leather Option	27
Cutting the Soles	29
Barfoots with Fabric	31
Here we go!	31
Toe Box	32
Quarters	35
Heel Counter	37
Attaching the Eyelets	39
Tongue	40
Barfoots with (Faux) Leather	43
Tips for working with leather	43
Toe Box	44
Quarters	47
Lined Quarters	50
Heel Counter	52
Attaching the Eyelets	55
Tongue	57
Sewing the Sole Lining	59
Without Outside Seam	59
With Outside Seam	61
Gluing on the Outsole	63
Without Outside seam	64
With Outside Seam	65
Sewing the Insole	66
The Barfoot-Team	69
Tester Photo Gallery	71

WHY BAREFOOT SHOES?

Barefoot or Minimalist shoes are designed to closely reflect barefoot walking and running conditions while still protecting the feet. The shape of many traditional shoes does not correspond to the natural shape of our feet; a foot should look as petite as possible! Unfortunately, this often comes at the expense of our health - and is especially damaging to growing feet. Most conventional shoes have padding all around, which can throw off your natural gait and weaken the muscles in your feet.

The aim of Minimalist shoes is to deliver as close to a natural, barefoot environment for the feet as possible, while still having a sole to provide protection. The toe box leaves enough room for the toes to spread naturally, and there is no heel to toe drop; the sole is flat.

The sole is thin and light, allowing for more sensory contact for the foot on the ground.

If you are new to barefoot shoes, the feeling may be unusual at first, but I promise you this: you will immediately fall in love with the new, if unfamiliar, space which your feet will get to move around in!

You may feel some soreness in the beginning, as you will be rebuilding and strengthening muscles which have been dormant in your traditional shoes.

The **Barfoots** pattern was developed in consultation with an orthopedic shoemaker and has been tested extensively with a large team for fit and comfort. The pattern is designed to fit most feet without adjustments. The **Barfoots** are designed for an average foot width, not being so wide that they will hinder your gait but holding snug while still providing enough room for your feet to move freely. Too big a shoe will affect your gait as negatively as one which is too small; this is especially true for children. In order for the **Barfoots** to fit every foot, there are various ways to customize the fit, which are all outlined in this tutorial.



This pattern was created to the best of my knowledge and with the best of intentions. This is not medical advice and I assume no liability for any possible errors in the pattern, instructions, or the sewn result. Please pay close attention to and follow the instructions given in this tutorial regarding sizing and adjustments. The first time you wear your new shoes, make sure you or your child have a good grip and the shoes do not press anywhere.

SHOPPING LIST

Outer Fabric:

- Canvas, waxed cotton, dry oilskin, EtaProof, jeans, dense linen, (faux) leather, vinyl, etc.

Lining Fabric:

- Sturdy cotton, canvas, fleece, linen, dry oilskin, etc.

Mudguard:

- (Faux) leather (you could also use a sturdy woven fabric here, but you'll get more protection against moisture and abrasion with leather)

"Midsole":

- Releda, Microcork, sturdy/firm (faux) leather, sturdy fabrics with a sturdy iron-on interfacing applied (e.g. 71F Peltex), Piñatex

Outsole:

- Rubber sole material 1.8 - 4 mm (1/16 - 3/16 inch) thick

Additionally:

- Textile glue, double-sided tape (e.g. Stylefix/Wondertape)
- Fabric marker/tailor's chalk
- Cobbler's glue (try asking in a shoe or shoemaker's shop for a small jar full in exchange for a coffee!)
- Eyelets with washers - 4 mm (3/16 inch) diameter, and 4 mm (3/16 inch) shaft length
- Shoelaces, or elastic laces with cord stoppers and cord ends
- Pliers for hole punching, 4 - 5 mm (+/- 3/16 inch) or an awl
- Some sandpaper
- Light/Medium weight fusible interfacing
- Sharp scissors
- Small amount of cotton/poly fill for stuffing the collar padding
- Fabric clips (pins could leave holes in your material)
- Optional Brannock foot measuring device
- Optional thicker thread/twine for sewing on the soles and for contrast seams
- Hammer

HOW MUCH DO I NEED?

Main Fabric: (L x W)

- Children: 20 - 30 cm (8 - 11.75 inches) x WOF
Adult: 30 - 40 cm (11.75 - 15.75 inches) x WOF

Mudguard: (L x W)

- Children: 30 x 25 cm (11.75 x 9.85 inches)
- 40 x 40 cm (15.75 x 15.75 inches)
Adult: 40 x 40 cm (15.75 x 15.75 inches)
- 40 x 50 cm (15.75 x 19.7 inches)

ABBREVIATIONS IN THE TUTORIAL AND ON THE PATTERN PIECES:

SA	Seam Allowance
RS	Right Side of Fabric
WS	Wrong Side of Fabric
RSF	Right sides of fabric facing together
WSF	Wrong sides of fabric facing together

On the following pages you will find information to help you navigate through the material jungle, with additional tips and tricks.

Please read through these **before purchasing** your materials! :)

PLEASE READ THROUGH THE INSTRUCTIONS COMPLETELY BEFORE STARTING YOUR PROJECT IN ORDER TO GET AN OVERVIEW OF THE STEPS. SIMPLY SKIP THE PAGES NOT RELEVANT TO THE VERSION YOU WILL BE SEWING.



NAVIGATING THE SUPPLY JUNGLE

INFO AND TIPS

You have decided to sew shoes!

It's actually not as difficult as you might think. You don't even need a lot of special materials or tools.

Nevertheless, it can be a bit overwhelming to look through the materials list, so here are a few tips to help you along the way.

THE OUTSOLE

Soles are available in many different shapes, colours and thicknesses, cut to size or as sheets. If you plan on sewing several shoes, I recommend buying a sheet. Depending on the size, this should be enough for 3 - 4 pairs of adult shoes.



Comparison of Vibram 4 mm (0.16 inches) (left) with 1.8 mm (0.07 inches) (right)

A good sole thickness is about 4mm (0.16 inches, or just shy of 3/16 inches). A thickness of about 2mm (just over 1/16 inch) is ok, too, but in that case, I recommend using a firmer midsole (1 - 2 mm or +/- 1/16 inch) and adding some padding to the insole.

The flexibility of your shoes depends not only on the thickness of the sole, but also on the profile.

Because of the uniform structure of the sole on the right, it is not much more flexible than the one with the rougher profile on the left.

FURTHER AIDS/TOOLS

You can use your regular fabric scissors to cut your materials. For (faux) leather I use an old pair of tailor's scissors, as it can dull the scissor blades quite quickly.

To cut the rubber sole, I use my simple household scissors. This works amazingly well, but note that the rubber will dull the blades quickly as well.

To attach the eyelets for the laces, you will need a hole punching plier. An awl in the correct size will work in a pinch, as well. If you are using a Prym Vario plier to attach your eyelets, there is a hole punch die set included with the pliers which work very well.



EYELETS/LACES

Please use good quality eyelets (with a diameter of 4 - 5 mm or 0.16 - 0.2 inches) with washers (so two-piece eyelets). Make sure the shaft is not too short (about 4mm or 3/16 inches). This is suitable for most materials. Instead of the top eyelets on the **HIGH CUT** version, you can substitute shoe D-rings or hook eyelets, as seen on many ready-to-wear shoes.

You can lace up your shoes with any cording that fits through the eyelets (you can finish the ends with shrink tubing), or just buy a set of laces from your local shoe store.

Optionally, you could use elastic cord (with a diameter of about 3 mm or 1/8 inch) with double-hole cord stoppers and cord ends. This has a very charming look and is also practical for putting on and taking off (especially for children). However, I do recommend only using elastic cording on the **HIGH CUT** version, as the cords need to be quite long in order to allow for simple slipping on and off. For **LOW CUT** shoes, the tightened cord can be irritating and may catch on things.

LEATHER SHOES



Outer: medium weight leather
(about 1.8 mm or 0.07 inches)
Lining: leather and oilskin
Mudguard: leather

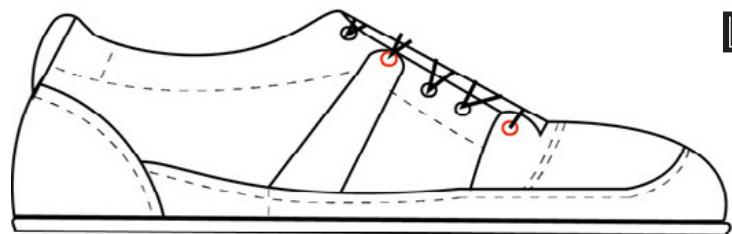
Firm leather
(about 2 - 2.5 mm or 0.08 -
0.1 inches)
unlined with facing



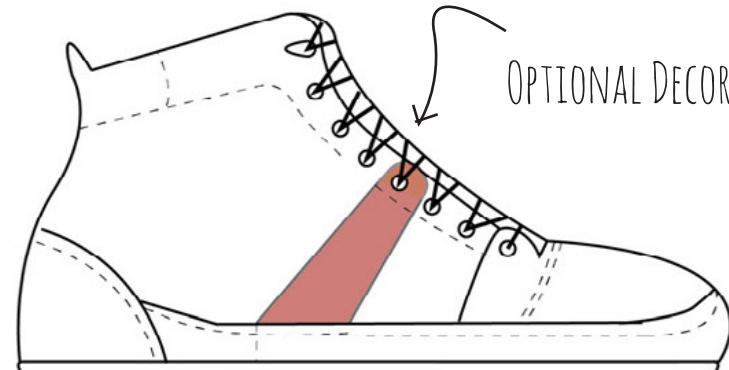
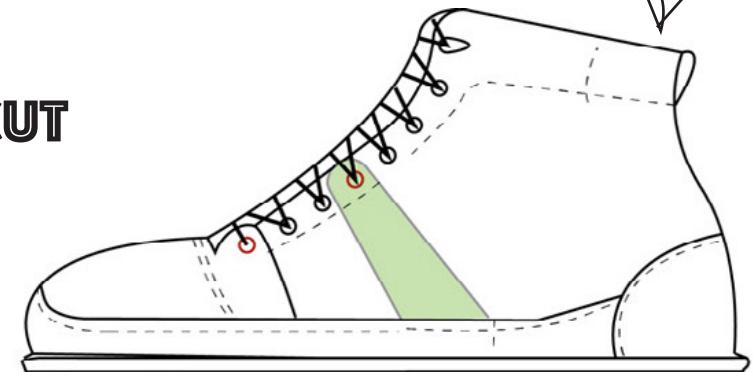
Medium weight leather/moccasin
leather
(about 1.5 - 1.8 mm or 0.06 - 0.07
inches) unlined with facing
Mudguard: leather



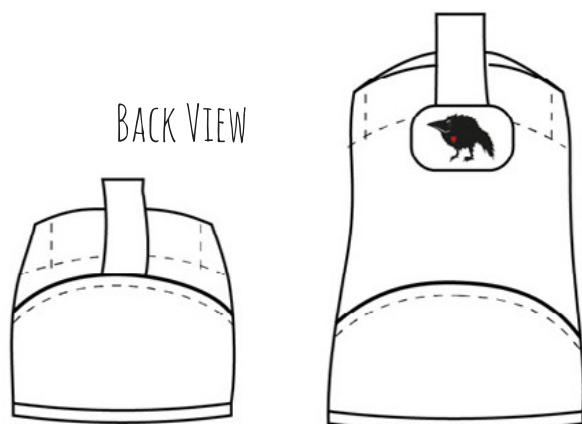
THE OPTIONS



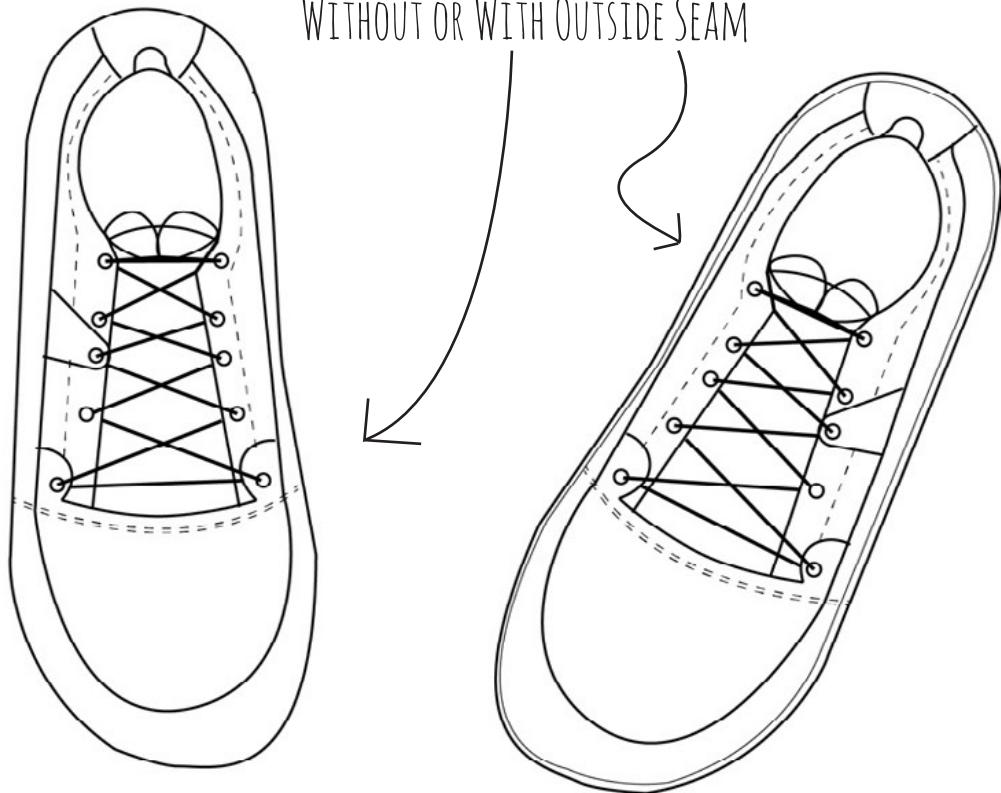
LOW CUT OR HIGH CUT



MUDGUARD AND HEEL COUNTER



WITHOUT OR WITH OUTSIDE SEAM



5.

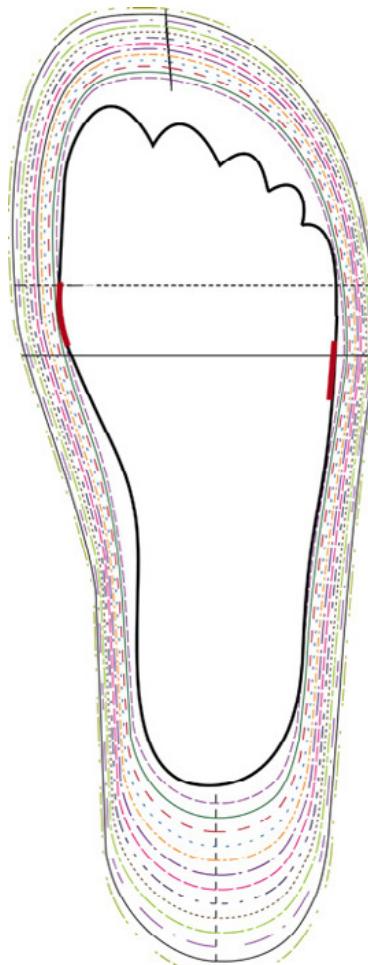
Compare your measured length with the table on the right. The numbers include the recommended + 12 mm (1/2 inch).

FOR EXAMPLE:

Longest measurement taken from your template: 22.8 cm (9 inches). Add 12 mm (1/2 inch), which equals 24 cm (9.5 inches), so you will choose Size 36.

6.

Place your foot - or lay your template - onto the pattern piece. Place the inner ball marking (where the big toe joint is) between the two lines (do not butt the heel up to the bottom curve). Don't worry if it looks like you have too little space at the toes; the +12 mm (0.5 inches) are spread out over the entire sole, not just at the front of the shoe.



Placing the template onto the pattern is not to determine which size you will choose(!), but to check the fit around the sides.

Please continue to the next pages for size adjustment instructions.

SIZE CHART

incl. + 12 mm (1/2 inch)

SIZE (EU)	CM INCL. +12 MM	INCHES INCL. 1/2"
20	13,3	5.25
21	14,0	5.5
22	14,7	5.79
23	15,3	6
24	16,0	6.3
25	16,7	6.57
26	17,3	6.81
27	18,0	7.1
28	18,7	7.36
29	19,3	7.6
30	20,0	7.87
31	20,7	8.15
32	21,3	8.39
33	22,0	8.66
34	22,7	8.94
35	23,3	9.17

Important:

The measurements in the chart are the exact length of the soles. Depending on which fabrics you choose and your sewing technique, the final shoe may be minimally smaller. For this reason, especially with children's shoes, pick the larger size if the foot measurement is in between sizes.

36	24,0	9.45
37	24,7	9.72
38	25,3	9.96
39	26,0	10.24
40	26,7	10.51
41	27,3	10.75
42	28,0	11
43	28,7	11.3
44	29,3	11.54
45	30,0	11.81
46	30,7	12.09
47	31,3	12.32
48	32,0	12.6

QUARTERS

- Sew the outer and lining quarters together at the back, RSF. If you are using a thick fabric for your lining, you can sew the pieces together by butting them up (no SA!). (1)
- Press the seam allowance apart and topstitch on each side. (2,3)
- Sew the pull tab to the outer fabric at the centre back, WS of the pull tab facing the RS of the outer fabric. (4)
- Clip the outer and lining quarters together along the top and sew along your seam markings. Trim the seam allowances, especially around the front curves, and finish the edges again if needed. (5)
- Turn the quarters right sides out and stretch it firmly(!). Make sure to push all of the curves out evenly and press. Compare your quarter with the pattern pieces to check that it's the right size. Next, draw your topstitching line onto the quarter (depending on size, 1.5 - 2.5 cm or 5/8 - 1 inch from the edge). Also mark how far you would like the collar padding to reach. Do not sew yet! (6)

