

My Top 8 Tips For Buying Minimal Shoes

So I'm not a big fan of Stuff. I buy as little as I can, and I hate recommending that other people buy things. Neither our pocketbooks nor the world need more Things.

But on the other hand, I am a huuuuuuge fan of healthy feet.

And since most of us are going to buy shoes anyway, I think that switching over to minimal shoes is one of the very best things you can do with your consumer dollars.

As you may already know, minimal shoes are SO important for your long term health! If you're still wearing regular shoes, [I highly recommend you consider switching!](#)

The problem is: buying minimal shoes is really hard!

You almost have to buy online, which means you can't try them on, and paying for shipping, and often for duty, means you can make really expensive mistakes. Blech.

So to help you out, today I'm sharing my best tips on buying minimal shoes.

The Trick Is To Buy Your Shoes On Sale.

There are always huge sales on minimal shoes, typically on Black Friday, post-Christmas, and around Memorial Day. Black Friday, the day after American Thanksgiving – is pretty much the biggest sales day of the year when it comes to minimal shoes. It's the best time to buy your summer shoes. Then you can get winter shoes in the spring. It means planning ahead, but you'll save a ton of money!

Here are my best tips for buying minimal shoes.

#1 Do Some Research And Planning.

What styles do you need for next year? Obviously winter boots are less likely to go on sale in November, so save your winter boot purchases for later in the season.

In my [most popular post ever, about transitioning to minimal shoes](#), I go over how to safely transition to minimalist shoes and provide some great resources for finding the best brand for you!

There's also an excellent [Facebook group for buying, selling and trading minimal shoes](#) – it's a great place to go with questions if you aren't sure about a shoe. And to sell shoes if something doesn't work out!

#2 Figure Out Your Sizing For Each Brand (And Maybe Even Style) Separately.

Companies like [Unshoes](#) have printable templates you can use – print them out and figure out what size and shapes you're going to need to order so that you're ready to pull the trigger when the sales begin.

Other companies use regular shoe sizes.

And still other companies have [printable size guidelines](#) you can use to check

