THE CLAIMS DEFINING THE INVENTION ARE AS FOLLOWS:

1. A footwear kit, comprising:

left and right footwear items;

left and right forefoot inserts receivable in the left and right footwear items, respectively, so as to tighten the fit thereof to a wearer;

left and right footbeds for the left and right footwear items, respectively; and

a fitting guide directing:

that, should the wearer have an orthotic for either or each foot, a said forefoot insert be arranged such that it underlies the orthotic in the footwear item for that foot if the fit of that footwear item with only the orthotic therein is loose; and

that, should the wearer have no orthotic for either or each foot, a said forefoot insert be arranged such that it underlies the footbed in the footwear item for that foot if the fit of that footwear item with only the footbed therein is loose.

2. A kit according to claim 1, wherein the left and right footbeds are provided in the left and right footwear items, respectively.

3. A kit according to claim 2, wherein the guide directs that the footbed first be removed from the or each footwear item which is to receive a said orthotic.

4. A kit according to any one of claims 1 to 3, wherein said footbeds are first footbeds, the kit comprising, in addition to said first footbeds, left and right further footbeds, which are thinner than the first footbeds, and wherein the guide additionally directs that, should the wearer have no orthotic for either or each foot, a said further footbed be inserted in the footwear item for that foot if the fit of that footwear item with a said first footbed therein is tight.

5. A kit according to any one of claims 1 to 4, wherein the left and right forefoot inserts consist of a left forefoot insert and a right forefoot insert.

6. A kit according to any one of claims 1 to 4, wherein the left and right forefoot inserts comprise left forefoot inserts of differing thickness and right forefoot inserts of differing thickness, whereby the fit of each footwear item to the wearer is variable, according to which of the respective inserts is inserted into that footwear item.

7. A method of procuring footwear and fitting it to a wearer, wherein:

procuring of the footwear comprises taking delivery of a kit which comprises:

left and right footwear items;

left and right forefoot inserts receivable in the left and right footwear items, respectively, so as to tighten the fit thereof to a wearer; and

left and right footbeds for the left and right footwear items, respectively; and

fitting of the footwear to the wearer comprises, in accordance with directions for fitting the footwear:

for either or each foot for which the wearer has an orthotic, arranging a respective said forefoot insert such that it underlies the orthotic in the footwear item for that foot, to determine whether a said forefoot insert is required; and

for either or each foot for which the wearer has no orthotic, arranging a respective said forefoot insert such that it underlies the footbed in the footwear item for that foot, to determine whether a said forefoot insert is required.

8. A method according to claim 7, wherein the kit is a kit according to any one of claims 1 to 6.

9. A method of providing and fitting footwear to a wearer, the method comprising:

sending to the wearer a kit which comprises:

left and right footwear items;

left and right forefoot inserts receivable in the left and right footwear items, respectively, so as to tighten the fit thereof to a wearer; and

left and right footbeds for the left and right footwear items, respectively; and

in accordance with directions for fitting the footwear:

for either or each foot for which the wearer has an orthotic, arranging a respective said forefoot insert such that it underlies the orthotic in the footwear item for that foot if the fit of the footwear item with only the orthotic therein is loose; and

for either or each foot for which the wearer has no orthotic, arranging a respective said forefoot insert such that it underlies the footbed in the footwear item for that foot if the fit of the footwear item with only the footbed therein is loose.

10. A method according to claim 9, wherein the kit is a kit according to any one of claims 1 to 6.