

Men's Insole Size Chart

SIZE	US	UK	EUR
S	4 - 5.5	3 - 4.5	34 - 37
M	6 - 8.5	5 - 7.5	38 - 41
L	9 - 10.5	8 - 9.5	42 - 43
XL	11 - 12	10 - 11	44 - 45
2XLR	13 - 14	12 - 13	46 - 47

Women's Insole Size Chart

SIZE	US	UK	EUR
S	3 - 4.5	2 - 3.5	31 - 34
M	5 - 7.5	4 - 6.5	35 - 38
L	8 - 10.5	7 - 9.5	39 - 43