

Measure using shoe size.					
Size	Men's Shoe Size	Women's Show Size	Euro Shoe Size	Left	Right
S	2.5 - 4.5 (35 - 37)	4.5 - 6.5 (35 - 37)	35 - 37	28U50=L35-37	28U50=R35-37
M	4.5 - 6 (37 - 39)	6.5 - 8 (37 - 39)	37 - 39	28U50=L37-39	28U50=R37-39
L	6 - 8 (39 - 41)	8 - 10 (39 - 41)	39 - 41	28U50=L39-41	28U50=R39-41
XL	10.5 - 12.5 (41 - 44)	12.5 - 14.5 (41 - 44)	41 - 44	28U50=L41-44	28U50=R41-44