

ASO Sizing Chart -- Fitting by shoe size

Men	6-7	7 1/2 - 9	9 1/2 - 11	11 1/2 - 13	13 1/2 - 15	15+
Narrow	xxs	xs	s	m	l	xl
Regular	xs	s	m	l	xl	xxl
Wide	s	m	l	xl	xxl	xxl

Women	5-6	6 1/2 - 8	8 1/2 - 10	10 1/2 - 12	12 1/2 - 14
Narrow	xxs	xs	s	m	l
Regular	xs	s	m	m	l
Wide	s	m	l	l	xl