

Size	Fits
Small	Fits: women's 5 1/2 - 8 men's 4 1/2 - 7
Medium	Fits: women's 8 1/2 - 11 men's 7 1/2 - 10
Large	Fits: women's 11 1/2 - 13 1/2 men's 10 1/2 - 12 1/2
X-Large	Fits: women's 14 -16 men's 13 - 15
XX-Large	Fits: women's 16 + men's 15 +