

SIZE	BASED ON SHOE SIZE	
SMALL	Ladies' Shoe 4-5	
MEDIUM	Ladies' Shoe 5.5 - 7.5	Men's Shoe 5 - 7
LARGE	Ladies' Shoe 8 - 10.5	Men's Shoe 7 - 9.5
X -LARGE	Men's Shoe 10 - 11.5	