

# sizing chart

	men	women
small	30-32	6-8
medium	34-36	10-12
large	38-40	14-16
x-large	42-44	18-20
xx-large	46-48	22-24
xxx-large	50-52	26-28
	boys	girls
small	7-8	4-6
medium	9-10	7-8
large	12-14	9-10