

INSOLE / SHOE SIZE CHART

6 Size ranges in both Full & 3/4 Lengths

Insole Size	Insole Length	Mens Shoe Sizes	Ladies Shoe Sizes	Childs Shoe Sizes
XX Small	FULL			1 - 3
XX Small	3/4			1 - 3
X Small	FULL		5 - 7.5	3.5 - 5.5
X Small	3/4		5 - 7.5	3.5 - 5.5
Small	FULL	6 - 7.5	8 - 9.5	
Small	3/4	6 - 7.5	8 - 9.5	
Medium	FULL	8 - 9.5	10 - 11.5	
Medium	3/4	8 - 9.5	10 - 11.5	
Large	FULL	10 - 11.5		
Large	3/4	10 - 11.5		
X Large	FULL	12 - 14		
X Large	3/4	12 - 14		

Shoe size is identified in North American measurements