

INSOLE SIZES		SHOE SIZES	
SIZE	LENGTH	WOMEN (US)	MEN (US)
00	10.245"	6.0 - 7.5	
0	10.563"	8.0 - 9.5	6.0 – 7.5
1	11.161"	10.0 - 11.5	8.0 - 9.5
2	11.728"	12.0 - 13.5	10.0 - 11.5
3	12.360"	14.0 - 15.5	12.0 - 13.5
4	13.293"		14.0 - 15.5
5	14.495"		16.0 - 17.5
6	15.696"		18.0 - 19.5