

Sizing

| Size | Men's Shoe | Women's Shoe |
|--------|------------|--------------|
| XSmall | – | 4 – 7 |
| Small | 6 – 8 | 7.5 – 10 |
| Medium | 8.5 – 10 | 10.5 – 13 |
| Large | 10.5 – 12 | 13+ |
| XLarge | 12.5 – 14 | – |