

Inches						
	XS	S	M	L	XL	XXL
Women	6-7.00in	7-7.25in	7.25-7.75in	7.75-8		
Men	7-7.75in	7.75-8.25in	8.25-8.75in	8.75-9.25	9.25-10	10-10.75
Centimetres						
	XS	S	M	L	XL	XXL
Women	16-17.5cm	17.5-18.5cm	18.5-19.5cm	19.5-20.5cm		
Men	18-19.5cm	19.5-21cm	21-22cm	22-23.5cm	23.5-25.5cm	25.5-27cm