

Heated Insoles Size	Fits Men's Shoe Size	Fits Women's Shoe Size
Small	3.5 to 5	4.5 to 6
Medium	5.5 to 7	6.5 to 8
Large	7.5 to 9	8.5 to 10
X-Large	9.5 to 11	10.5 to 12
XX-Large	11.5 to 13	12.5 to 14