

Socks Liner Sizes

Sock	Men's		Women's
Size	Shoe		Shoe
XS			4-6 (34-36)
S	6-8 (38-41)	US (Euro)	7-9 (37-39)
M	8-10 (41-44)		9-11 (39-42)
L	10-13 (44-48)		11-13 (42-45)
XL	13-15 (48-51)		

Socks

It is a good idea to make sure you cut your toe nails. These suggestions are just to help make the socks last longer.