

# Footwear Conversion Guide

Children's Sizing Conversion

US	Europe	UK	Inches	Centimeters
5	21	4.5	5	12.7
5.5	22	5	5 ¼	13
6	22.5	5.5	5 ¼	13.3
6.5	23	6	5 ½	14
7	23.5	6.5	5 ½	14.3
7.5	24	7	5 ¾	14.6
8	25	7.5	6	15.2
8.5	25	8	6 ¼	15.6
9	26	8.5	6 ¼	15.9
9.5	27	9	6 ½	16.5
10	27.5	9.5	6 ½	16.8
10.5	28	10	6 ¾	17.1
11	29	10.5	7	17.8
11.5	29.5	11	7 ¼	18.1
12	30	11.5	7 ¼	18.4
12.5	30.5	12	7 ½	19.1
13	31	12.5	7 ½	19.4
13.5	32	13	7 ¾	19.7
1	32.5	13.5	8	20.3
1.5	33	1	8 ¼	20.6
2	34	1.5	8 ¼	21
2.5	34.5	2	8 ½	21.6
3	35	2.5	8 ½	21.9
3.5	35.5	3	8 ¾	22.2

Adults' (Women's) Sizing Conversion

US	Europe	UK	Inches	Centimeters
4	34.5	2	8 ¼	20.8
4.5	35	2.5	8 ¼	21.3
5	35.5	3	8 ½	21.6
5.5	36	3.5	8 ½	22.2
6	36.5	4	8 ¾	22.5
6.5	37	4.5	9 ¼	23
7	38	5	9 ¼	23.5
7.5	38.5	5.5	9 ¼	23.8
8	39	6	9 ½	24.1
8.5	40	6.5	9 ¼	24.6
9	40.5	7	9 ¾	25.1
9.5	41	7.5	10	25.4
10	42	8	10 ¼	25.9
10.5	42.5	8.5	10 ¾	26.2
11	43	9	10 ½	26.7
11.5	43.5	9.5	10 ¾	27.1
12	44	10	10 ¾	27.6
12.5	45	10.5	11	27.9
13	45.5	11	11 ¼	28.3
13.5	46	11.5	11 ¼	28.6
14	47	12	11 ½	29.4
14.5	47.5	12.5	11 ¾	30.2
15	48	13	12	30.6
15.5	49	13.5	12 ¼	30.9
16	49.5	14	12 ¼	31.2

Men's Sizing Conversion

US	Europe	UK	Inches	Centimeters
6	39	5	9 ¼	23.5
6.5	39.5	5.5	9 ½	24.1
7	40	6	9 ¾	24.6
7.5	40.5	6.5	9 ¾	25.1
8	41	7	10	25.4
8.5	41.5	7.5	10 ¼	25.7
9	42	8	10 ¼	26
9.5	42.5	8.5	10 ¾	26.7
10	43	9	10 ½	27
10.5	43.5	9.5	10 ¾	27.3
11	44	10	11	27.9
11.5	44.5	10.5	11 ¼	28.3
12	45	11	11 ¼	28.6
13	46	12	11 ½	29.4
14	47	13	11 ¾	30.2

## Lifeknit™ Sock Guide

Lifeknit™ Sox Sizing

	Adults'				
	X Small (XS)	Small (S)	Medium (M)	Large (L)	X Large (XL)
US Shoe Size	13-3	4-6	7-9	10-11	12-13
European Shoe Size	31-35	34-37	38-41	42-44	44-46
UK Shoe Size	12.5-2.5	2-4	5-7	8-9	10-11
Inches	7 ⅝-8 ⅝	8 ⅛-8 ⅞	9 ¼-9 ⅞	10 ⅛-10 ½	10 ⅞-11 ⅛
Centimeters	19.4-21.9	20.8-22.5	23.5-25.1	25.9-26.7	27.6-28.3

Half sizes are encouraged to go down to smaller size. Men begin 1 size up from street shoe size.

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