

# SPENCO | APPAREL SIZE GUIDE

Our apparel size guide helps you determine the perfect size, so your new Spenco clothing items fit like a glove.



PLEASE REFER TO THE BELOW SIZE GUIDE FOR **SPENCO** APPAREL

## Flat Insoles Size Guide

SIZE	UK	US WOMENS	US MENS
0	2 - 3	3 - 4	
1	4 - 5	5 - 6	
2	5 - 6	7 - 8	6 - 7
3	7 - 8		8 - 9
4	9 - 10		10 - 11
5	11 - 12		12 - 13
6	13 - 14		14 - 15

## 3/4 Arch Cushion Insoles Size Guide

SIZE	UK	US WOMENS	US MENS
0	2 - 3	3 - 4	
1	4 - 5	5 - 6	
2	5 - 6	7 - 8	6 - 7
3	7 - 8		8 - 9
4	9 - 10		10 - 11
5	11 - 12		12 - 13
6	13 - 14		14 - 15

## Full Arch Cushion Insoles Size Guide

SIZE	UK	US WOMENS	US MENS
0	2 - 3	3 - 4	
1	4 - 5	5 - 6	
2	5 - 6	7 - 8	6 - 7
3	7 - 8		8 - 9
4	9 - 10		10 - 11
5	11 - 12		12 - 13
6	13 - 14		14 - 15

## Kids Polysorb Insoles Size Guide

SIZE	UK	US
0	2 - 3,5	3 - 4,5
1	4 - 5,5	5 - 6,5
2	6 - 7	7 - 8