

**Fitting Instructions:** For knee-high, measure around the smallest part of the ankle, and around the widest flare of the calf. For thigh-high, measure around the smallest part of the ankle, around the widest flare of the calf, and around the mid thigh. For panty hose, measure around the smallest part of the ankle, around the mid-thigh, and around the hips.

## Size Charts for TruSheer Stockings

### Knee-high - 0253, 0263

Size	circumference	
	ankle	calf
<b>Small</b>	7" - 8 1/4"	11" - 15"
<b>Medium</b>	8 1/4" - 9 1/2"	11 3/4" - 16 1/2"
<b>Large</b>	9 1/2" - 10 3/4"	12 1/2" - 18"
<b>X-Large</b>	10 3/4" - 12"	13" - 19"

### Thigh-high - 0254, 0264

Size	circumference		
	ankle	calf	thigh
<b>S</b>	7" - 8 1/4"	11" - 15"	15 3/4" - 24 3/8"
<b>M</b>	8 1/4" - 9 1/2"	11 7/8" - 16 1/2"	18 1/8" - 27 1/2"
<b>L</b>	9 1/2" - 10 3/4"	12 1/2" - 18 1/2"	21 1/4" - 30 3/4"
<b>XL</b>	10 3/4" - 12"	13 3/8" - 19 5/8"	23 5/8" - 32"

### Panty Hose - 0255, 0265, 0267

Size	circumference		
	ankle	thigh	hips
<b>S</b>	7" - 8 1/4"	15 3/4" - 24 3/8"	28"-46"
<b>M</b>	8 3/8" - 9 7/8"	18 1/8" - 27 1/2"	30"-50"
<b>L</b>	10" - 11 3/8"	21 1/4" - 30 3/4"	32"-54"
<b>XL</b>	11 1/2" - 12"	23 5/8" - 32"	40"-65"