

## SKI BOOT GUIDES

### PUTTING YOUR BOOTS ON AS PER YOUR SKI BOOT FITTING

Fitting your ski boots correctly at the start of each day is essential to a comfortable day on the slopes. By locking the foot in the correct position, holding the ankle securely, you will have a comfortable fit, improved toe room and a positive feel when skiing. Here are a few DO's and Don'ts when putting your boots:

**DO NOT** march around the resort with everything undone, until you get to a piece of snow to ski on. This just bangs your toes against the front of the boot, and is unstable too!

**DO NOT** rush putting on your boots. The extra couple of minutes taken following the steps below will pay dividends, and if you rush putting your boots on, you will only need to stop later and sort it out. Better to do it right in the boot room rather than on snow on the mountain!

**DO** find a quiet spot in the boot fitting room, we always recommend avoiding the crowds and the scramble for the slope and finding a quiet corner or time to put your boots on.

**DO** fit your boots sitting down is always easier to fit boots than standing up

### PUTTING YOUR SKI BOOTS ON

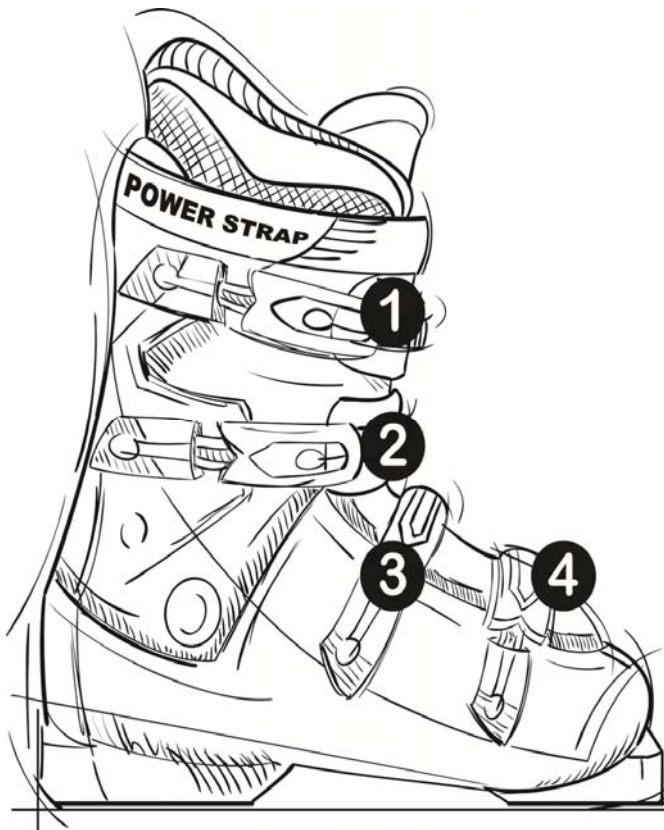
---

1. Find a quiet spot in the boot fitting room, we always recommend avoiding the crowds and the scramble for the slope and finding a quiet corner or time to put your boots on.
2. Sitting down is always easier to fit boots than standing up
3. Get your ski boot and pull the tongue out and away from you. Do not pull it straight away from you but off to the outside. So for the left boot 10 O'clock and the right boot 2 O'clock
4. Now put your foot into the boot, pointing your toes down, and almost turning the foot in slightly rather than pushing straight down (Almost a corkscrew effect!) this allows the foot to use the space you have created by moving the tongue out of the way.

## BUCKLING SEQUENCE

---

Follow the buckling sequence below to ensure correct fit. This is the exact same process we use throughout any ski boot fitting to give a consistent result and positive fit. This often is the exact opposite of how you have been buckling up your rental boots or old boots, but it is the correct way to get good ankle retention and pull your toes from the front of the ski liner:



1. Do up the power strap, the Velcro strap at the top of the boot. This holds the boot together.
2. Hook all the buckles onto the ratchets but **DO NOT** do them up!
3. Gently bang your heel at 45 degrees to the floor, to set your ankle back in the ski boot.
4. Now slide forward on the seat, and bring the ski boot back to mimic flexing forward
5. Click **buckle 2** shut, no need to be too tight!
6. Click **buckle 1** shut, again firm but not tight
7. Now go back to **buckle 2** again, and alternate with **buckle 1** until both of these are as tight as required. This should be pulling your foot into the back of the boot without being too tight.
8. Now click shut **buckle 4**, it should be loose enough to click down with your little finger, it does not need to be tight. Adjust it by turning the buckle clockwise to shorten and anti-clockwise to lengthen
9. Repeat with **buckle 3**, again it **doesn't need to be tight! If this buckle is done up tight it WILL cut off your circulation leading to painful feet!**
10. Repeat with the other boot. Then to finish stand up and give them a couple of flexes. Go skiing!

## REMOVAL SEQUENCE

---

To remove your boots, the key thing to do is ensure you **remove the power strap LAST**. If you undo this first, removing the buckles becomes very difficult! So if you do this by mistake, just do the Velcro power strap back up tight, and you should then find removing the buckles much easier.

You can remove the buckles in any order. Give the buckles a little turn as you remove each one so they do not catch on the ratchets again, which makes removing your foot difficult.

**Pull the tongue out and away from you, towards the outside**, as you did putting them on and twist your foot out of the boot.