

HOW TO PUT ON A SKI BOOT:



1. OPEN ALL BUCKLES COMPLETELY
 - TWIST BUCKLE SLIGHTLY TO AVOID RE-CATCHING

2. PULL UP AND OUT ON LINER TONGUE WHILE SLIDING YOUR FOOT IN (STANDING HELPS)



3. MAKE SURE THERE ARE NO WRINKLES IN YOUR SKI SOCKS

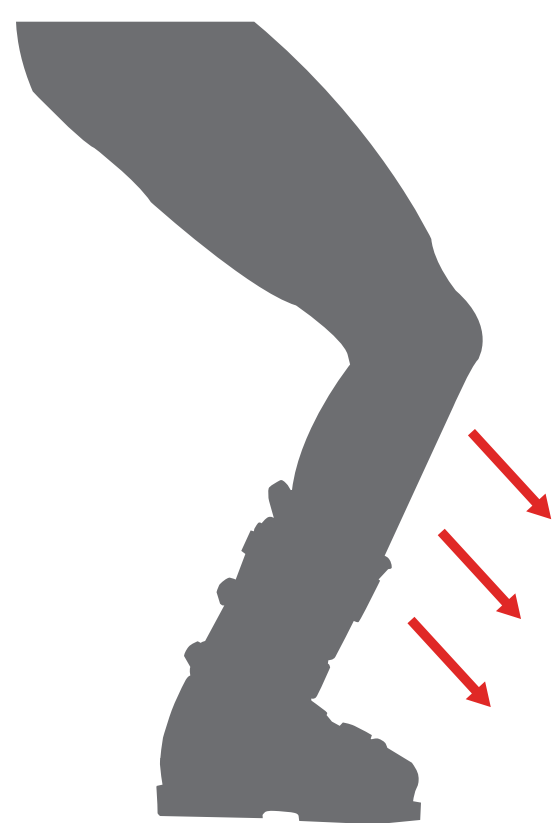
4. AVOID TUCKING BASE LAYERS OR PANTS INTO BOOTS



5. SECURE TONGUE AGAINST SHIN
WRAP BOOT SHELL AROUND TONGUE



6. BUCKLE THE UPPER CUFF
BE CAREFUL **NOT** TO OVER-TIGHTEN



7. BEND AT KNEE AND FLEX FORWARD INTO THE BOOT (SKIER'S STANCE)



8. BUCKLE LOWER BUCKLES
BE CAREFUL **NOT** TO OVER-TIGHTEN

9. BEND AT KNEE AND FLEX FORWARD INTO THE BOOT (SKIER'S STANCE)

10. GRADUALLY ADJUST BUCKLES AS NEEDED THROUGHOUT THE DAY
*BUCKLES TIGHTENED TO THEIR MAX?
TRY A SMALLER BOOT SIZE*

CHECK FOR A GOOD FIT WHILE IN SKIER'S STANCE:

- ⌚ CAN YOU WIGGLE YOUR TOES?
- ⌚ DO YOU HAVE ZERO HEEL LIFT?
- ⌚ NO PAINFUL PRESSURE POINTS OR TINGLING?

