

How to Buy Women's Ski Boots

By Allen Smith, eHow User



If you're a woman who has struggled for the proper fit when renting or buying ski boots, it's not your fault. There are reasons why you can't get a good fit. The majority of smaller ski rental shops order one or two types of "Unisex" ski boots. Unisex boots are designed to be rented to both men and women of all shapes and sizes and levels of skiing competency. The problem is that men and women are not built the same way. Most women have lower centers of gravity, wider hips and calf muscles that are lower than men's. So, in order to get a proper fitting boot, women need to rent or buy a women's ski boot.

Difficulty: Moderately Easy

Instructions

things you'll need:

- A pair of socks that are designed for skiing.
- Contemporary ski pants that do not have stirrups or other fabric parts that go inside the ski boot.

Women Have Less Body Weight & Mass than Men

- 1 Because women tend to be lighter and have less body mass than men of equal weight, they often have trouble finding boots that they can easily flex to initiate turns. This is because the material that the boot is made of is too stiff and inflexible for a woman.
- 2 Choose a pair of boots that are designed for women and made of a softer material that flexes with less forward pressure. This should make it easier to initiate turns.
- 3 Look for a woman's ski boot that has a rear cuff that goes higher up the back of the calf. The cuff will help you to generate more forward flexion in the boot.
- 4 Look for a boot that has a more pronounced forward angle of the boot's cuff or is capable of being adjusted. Adjusting a cuff's angle with a more pronounced forward angle will make it easier to initiate a turn.

Women Have Different Shaped Calf Muscles

- 1 Look for a women's ski boot that is wider at the top of the cuff than a man's boot. Since many women have calf muscles that connect lower on the leg, it is often difficult to get a good fit in a man's boot.
- 2 Make sure that the cuff of the boot has ample buckle settings to allow for wider calf muscles. Some boots even allow for the buckle to be moved and mounted in a wider position.
- 3 Buy or rent a women's ski boot with wider tongues - this will provide more comfort when pressing forward on the front of the boots.

4 Be sure that the boot you buy comes with a "Power Strap". Power straps are additional Velcro straps that encircle the top of the boot and provides added ankle support. If the boot you're buying doesn't come with one, you can buy them as an accessory.

Women Have Narrower Heels

1 Women generally have narrower heels than men, requiring a narrower heel cup. If your heel moves up and down inside the boot, you'll find it difficult to transfer weight to the front of the skis and perform many common maneuvers.

2 Buy a women's ski boot that either comes with a narrower heel cup or has a custom, moldable liner than can be fit to the individual's heel shape. Most high quality boots can be fitted with heat-moldable or foam-injected liners to create a perfect fit.

Women's Hips are Wider Than Men's

1 As a general rule, most women's hips are wider than men, resulting in a more pronounced "Q Angle". The Q Angle is the angle that the leg makes between where it connects at the hips and at the ankle. If you try to ski in a boot that does not accommodate your Q Angle, you'll have problems with ski control and fatigue.

2 Look for a women's boot that has an adjustable ankle cuff, designed to accommodate a larger Q Angle.

3 While you can accommodate a woman's Q Angle to a certain degree using custom foot beds, the tops of the boots should be adjustable to a woman's individual hip structure.

Women's Feet Have Less Volume Than Men's

1 If you find that your feet are always getting cold, it's probably not because you have poor circulation. It could be due to an ill-fitting boot. Women's feet are generally narrower and have less mass than a man's foot of the same length. By cranking down the buckles to accommodate a narrow foot or arch, you can cut off the circulation to the foot.

2 Buy a woman's boot that has a narrower "Last". The last is the actual footprint of the bottom of the foot. Most women's boots also come with a liner material that is better suited to a foot shape that has less mass.