

# How to Get Fitted for Custom Footbeds

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After you've spent hundreds of dollars on new ski boots, skis and poles, you find that you're still not skiing as well as you'd like. Would you be surprised to learn that the problem could be with your feet? Anyone who's serious about improving their skiing technique should look into having a pair of custom footbeds made for their ski boots. A footbed is a type of orthotic device that is molded to the bottom of your foot and mounted inside your boot, providing your foot with proper alignment and support. Think of them as a good foundation for your house. Footbeds are available from the inexpensive type available at the supermarket to custom fitted orthotics. This article will discuss how to get custom made footbeds fitted for your ski boots.

Difficulty: Easy

## Instructions

things you'll need:

- A good pair of ski boots, the newer the better
- Ski socks

- 1 Before you look into getting a pair of custom fitted footbeds made for your ski boots, be sure that you have a quality pair of boots to begin with. While they can correct a lot of defects, they can't overcome a poor pair of boots.
- 2 Go to a ski shop that specializes in boot fitting. Ask your friends and co-workers if they've had footbeds made and get their recommendations.
- 3 Discuss with the footbed fitter what type of footbeds are best for you: half length or full length; each provides different benefits.
- 4 Most ski shops have a variety of footbed fitting techniques. Some use a simple vacuum bag method, while others use [computer](#) generated models. Under the guidance of an experienced footbed fitter, both will result in good products.
- 5 Decide how much your budget will allow. Footbeds start as low as \$40 and can go as high as \$200. Check with your insurance company, too. Some medical insurance providers will re-imburse the cost of new footbeds if they are necessary for performing your [job](#). Professional ski instructors and other mountain workers are typically reimbursed the cost of one new pair of footbeds per year.

## Tips & Warnings

- Be sure to bring both boots with you when being fitted. The footbeds will need to be mounted into your boots.
- Bring a pair of socks that you normally wear when skiing. When the footbeds are installed in your boots, they may have to accommodate how much space your socks take up inside your boots.
- If you use boot heaters for your boots, be sure to bring them along with you. They will need to be installed onto the bottom of your footbeds.
- Don't be in a rush. Fitting and installing custom made footbeds in your boots can take up to two hours.