

# How to Size Ski Boots

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One of the most important pieces of ski equipment is your boots. Properly fitted ski boots can improve your skiing overnight. However, improperly fitted boots can ruin your [vacation](#) and make you want to head for the hotel. Here's how to make sure that your boots are right for you.

Difficulty: Moderately Easy

## Instructions

things you'll need:

- A selection of ski boots
- Ski socks
- Custom footbeds
- Custom-made boot liners (optional)

## The Ski Boot Shell

- 1 Buy your boots at an outdoor store or outlet with a trained ski boot specialist. Avoid buying ski boots at large department stores or other [business](#) that do not specialize in skiing equipment.
- 2 Choose several models or boot manufacturers, according to your skiing ability, how much you want to spend and features that are important to you. Try all of them on and determine which boot fits your foot the best according to the directions below.
- 3 Slip on a pair of socks that are designed for skiing. Ski socks are typically made from wool and polyester blends and are much thinner than other outdoor socks. Avoid getting fitted with thick socks or more than one pair.
- 4 Pull the liner out of the ski boot shell. Slide your foot into the shell and move your foot forward until your toes are touching the front of the toe box. You should be able to slide one to two fingers between the back of your heel and the back of the boot shell.
- 5 Insert the boot liner into the boot and slide your foot into the liner. Fasten the buckles on the outside of the boot and flex your ankles forward. Your heel should contact the back of the boot liner. Your toes should almost be against the front of the toe box, but not cramped.

## Boot Liners, Footbeds and Cants

- 1 Slip your foot into the boot with the standard liner and fasten the buckles. After flexing your ankles, check the liner to make sure there are no "hot spots" or other pressure points. If there are, you can have your boot technician "push out" small spots in the liner or the boot shell.
- 2 Choose a custom boot liner if you have trouble getting properly fitted using a standard boot liner. You may choose from a number of boot liners that use preformed or foam-injected liners. Custom boot liners are perfect for people with narrow, wide or problem feet.
- 3 Get fitted for a custom foot bed at the same time you get fitted for your ski boots and liners. Foot beds are an exact "reverse impression" of the bottom of

your foot. Foot beds make it easier to insure proper fitting boots and and help to direct ankle, foot and leg movement directly to your skis.

- 4 Ask the boot technician analyze your lower legs for proper alignment and suggest cants if you need them. Cants are thin layers of plastic that are inserted underneath your footbeds, boots or ski bindings and help to correct alignment problems in people who are bowlegged or knock-kneed.

## Tips & Warnings

- Wait until the end of the season sales to buy boots. Buy boots from ski or outdoor equipment shops. Wear ski socks when getting fitted. Get fitted in the late afternoon when your feet are at their biggest.
- Never buy low quality boots. Avoid buying boots at large department stores. Make sure that your dealer offers warranties and follow-up visits.

## Resources

- [Surefoot Custom Boot Liners](#)