

How to Wear a Pair of Ski Boots

By Allen Smith, eHow User



Now that you've plunked down your hard-earned cash for a pair of new ski boots, has anyone taken the time to instruct you on how to wear them? After all, putting on ski boots is not the same as your tennis shoes. There are critical differences with the way that your ski boots are fitted and worn that can make big differences in the way that you ski.

Difficulty: Easy

Instructions

things you'll need:

- A pair of properly fitted ski boots
- A thin pair of ski socks
- Boot warmers (optional)
- Powerstrap

- 1 Begin by buying a good quality pair of ski boots from a shop that deals exclusively with ski equipment. Avoid buying ski boots from a store that sells washing machines, hardware, lumber and other consumer goods all in one store.
- 2 Have your boots fitted wearing a thin pair of socks designed for skiing. Some of the best are made from a composite of wool and other materials that allow your feet to breathe.
- 3 Once your boots have been properly fitted, expect the liner material to "pack out" over time--usually 2 or 3 years. Packing out means that the liner will compress over time resulting in a looser fit.
- 4 If possible, store your boots overnight in a warm, dry area. It will make it easier to pull your boots on in the morning. Buy a portable boot dryer from your ski shop.
- 5 Open the tongue of the boots as far as possible and slide your foot into the boot. Sitting down on a bench, bang the heel of your ski boot sharply down on the floor. This will help to seat your heel firmly in place.
- 6 Close the buckles using the first slot on the buckles. Bend your knees forward a few times to push the heels into the heel box of the boot.
- 7 Repeat the previous step until your boots feel snug but not overly tight.
- 8 Pull the powerstrap around the top edge of the boot and fasten securely. Powerstraps help to support your ankles in the boots.

Tips & Warnings

- Wear only one pair of quality, thin socks designed for skiing and other athletic activities.
- Buy a pair of boot dryers and put them in your boots overnight. There's nothing more uncomfortable than putting on a pair of cold, wet boots in the morning.
- Always begin with a looser buckle setting and tighten them as the day goes on. Try not to over-tighten your buckles.
- If your boots didn't come with a pair of powerstraps, purchase a pair at your boot shop.

- Avoid wearing thick socks or more than one pair of socks inside your ski boots.
- Never wear anything except your socks inside your ski boots. All snow cuffs and other garments should be worn outside the ski boot.
- Avoid wearing ski pants with stirrups that go under the arch of the foot and inside the boots.

Resources

- [Thorlo Socks](#)