

PegStilts.com Instructions - Adding friction upgrade to Peg Stilt foot area

PegStilts.com

Kids & Adult
sizes



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Life is too short, walk taller!

PegStilts.com
503-236-7327
Woman-made in Portland, OR

School/Org Discounts are Available!

Materials Needed:

- Friction tape or adhesive backed sandpaper
- Friction foam or yoga mat
- Medium grit regular sandpaper

If you purchased a Foot Friction Kit from PegStilts.com, it includes (2) precut pieces of friction tape and foam.

If you are making your own kit, you will need to cut:

- a) (2 pcs) Sandpaper to fit your foot plate
- b) (2 pcs) Yoga mat pieces cut to be about 4-6" x 2.25-2.5"
- c) Cut a 1.5" long slits, .5" from both ends of the (2) yoga mat pieces, ensuring the cut does not go too close to the edges.



Kit Installation instructions (adult foot plate pictured):

- 1) Open foot straps up completely
- 2) Use the medium grit regular sandpaper to sand off any dirt or grit that may have accumulated on your footplate
- 3) Brush off any remaining dust particles from the footplate once you're done sanding.
- 4) Peel off the backing on the friction tape/sandpaper and apply it to the central area of the foot plate.
- 4) Slide the Friction foam or yoga mat onto the webbing strap so that the large portion of the foam will be in contact with the top of the shoe.



(Note: Later this piece can be slid left or right depending on where you need the velcro to attach together for securing the foot in place.)



Additional PegStilts.com FAQ's can be found at:

<http://shop.pegstilts.com/stiltorderfaqs.aspx>