

SKI BOOT CHEATSHEET

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I'M LOOKING FOR	MY SKIING	MY SKIING ABILITY LEVEL:			
Adult Women's Boot	Beginner You need ve		Intermediate Get a soft to medium boot.		
Adult Men's Boots Junior Boots	You need a r		Expert You need a very stiff boot.		
HOW TO MEASURE YOUR FOOT + GET YOUR MONDOPOINT SIZE					
 Measure your foot against a flat surface, from the heel to the tip of your toe. Whatever you measure in centimeters is your Mondopoint size. (For example, if you measure that your foot is 26.5cm, then your Mondopoint size is 26.5.) Now that you have your Mondopoint size, you need to consider your skiing ability. The more advanced of a skier you are, the tighter and narrower of a boot you'll need to respond to your swift movements. MY MONDOPOINT SIZE IS:					
SHELL TEST 1 - I CAN FIT # OF FINGERS BEHIND MY HEEL:					
2 or more This shell is too big. Try a smaller boot.	1 to 1.5 fingers This is a good fit!	Barely 1 fir This shell is too Advanced/expe	nger o tight for beginner/intermediate. ert skiers, contact a pro boot fitter.		
SHELL TEST 2 - IS THE SHELL TOUCHING MY ANKLES?					
YES - Contact a professional boot fitter to help you. NO - This is a good fit.					



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MY ARCH TYPE IS	000			
Flat Feet				
Normal Arch				
High Arch				
I don't know	FLAT FEET	NORMAL ARCH HIGH ARCH		
WHAT TYPE OF SKIING ARE YOU DOING?	YOU NEED A			
I'm doing tricks/jumps	Comfortable boot with more flex and volume			
I'm skiing on groomed ski slopes and/or powder	Comfortable boot that fits you well			
I love to race!	Stiff, narrow boot			
Exploring the backcountry	You need an Alpine touring boot.			
FINAL CHECKLIST				
I tried on my boot with a thin, o	NOTES			
I tried on/measured the shell a				
I practiced putting on and buck				
I flexed forward to lock my hee				
My toes touch the boot just a b				
I walked around for ~10 mins and my arches feel fine				
I talked to a pro boot fitter abou				