



Intuition Liners Home Fitting Instructions

❗ IMPORTANT:

Before molding, try on both liners in your boots with any footbeds/orthotics/shims you intend to use, to ensure they fit your boots and feet properly. Not too tight, and definitely not too loose.

⚠ DO NOT MOLD IF THE LINERS DO NOT FIT! ⚠

REQUIRED:

- Intuition Fit Kit: 1 pair of stockings, 1 rubber toe cap
- Microwave oven
- **Uncooked** rice. Do not use instant rice.
 - Use 3 lbs of rice for sizes up to US Men's 9 / 27
 - Use 4 lbs of rice for sizes larger than US Men's 9 / 27
- Block of wood or doorframe to elevate toes

DIRECTIONS:

1. Begin by removing any footbeds/orthotics/shims from inside the liners before heating, placing just the liner inside your shell.
2. Fill one fitting stocking with 3-4 lbs of rice and tie a knot at the end. Do not use instant rice.
3. Microwave the rice stocking based on the output wattage on back panel of your microwave, for appropriate time:
100-900W = 7min / 1000-1100W = 5 min / 1200-1250W = 4 min
4. Once heated, pick up stocking carefully by the knot (**CAUTION HOT!**) Place rice-filled stocking inside first liner (in boot). Continuing to hold by knot, work the stocking into toe box and heel by tapping boot hard on floor multiple times, first on heel and then toe. Keep on tapping, going back and forth between heel and toe until rice stocking has settled deeper into liner. Set a timer and let boot stand with rice stocking inside for 4-15 min depending on liner model (*Please refer to Heating Time Chart*).
5. Meanwhile, place a toe cap on the bare foot to be fit (Intuition logo goes over big toe) and place 2nd fit stocking over top.
6. After reaching the suggested time; remove the rice stocking from liner, quickly remove the liner from the shell, and insert footbed/orthotic/shim now, returning it back to the shell with the footbed now placed inside.
7. Place the prepared foot into heated boot liner, avoid pulling hard on the grab handles and tabs, kick heel back on the floor to ensure you are in the heel pocket firmly. Do boots up to a neutral tension.
8. Stand with your toes elevated 1-2" by placing a block of wood under the toe of your boot or using a raised door frame. Keep still with equal weight on both feet in a neutral stance without flexing (5-7min).
9. Remove cooled boot, stocking and toecap, and repeat for other liner.

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Intuition Liners Home Fitting Tips

Check fit before heating liners. Put liners in boots with footbeds/orthotics/shims if you plan to use them. If toes are touching the end, that's ok, the toecap will create extra space for you during molding. If toes are curled up or jammed into the end of the liners, they are too tight, and you may need a longer or thinner liner. Ideally, the liner should feel snug all over, like a firm handshake, with minimal pressure points. Feeling a bit too tight is okay because the liner will compress when heated and buckled.

We do not recommend heat molding a liner that feels loose. Our foam is designed to be compressed, do not rely on the liner to expand to fill voids or sloppiness, instead consider choosing a thicker liner.

If liners felt tight when you first tried them on, buckle extra tight when molding to compress foam and thin it out.

If liners felt just right, buckle loosely so liner is held firmly but not compressed. This allows you to retain maximum thickness.

Be mindful of thickness and size. A 9mm (thin) liner requires less heating time than a 15mm (thick) liner, and a size 4 will require less time than a size 15.

When heating a wrap style liner, you will want to position the rice bag partially in-between overlap of liner, to also heat the outer overlap.

After initial molding, if you need to adjust the fit in a specific area (ex.: cuff, ankle or toe box) consider making a smaller rice bag to make small adjustments rather than re-molding entire liner. The molding process can be repeated as many times as necessary.

A break-in period is expected. Try skiing or riding a few times and adjust the fit as needed.

HEATING TIME CHART: (MINUTES)

Downhill Tongue-DD9	5-7 mins	Snowboard Tongue-DD12	7-9 mins	Mtn Tongue-DD12	7-9 mins
Downhill Tongue-DD12	7-9	Snowboard Tongue-DD15	9-11	Mtn Wrap-DD12	7-9
Downhill Tongue-DD15	9-11				
		Snowboard Wrap-DD12	7-9	-F/C Tongue-LD12	4-6
Downhill Tongue-HD9	7-9	Snowboard Wrap-DD15	9-11	Skate Premium	5-7
Downhill Tongue-HD12	10-12			H2O	6-8
		Tour Tongue-DD9	5-7		
Downhill Wrap-HD9	7-9	Tour Tongue-DD12	7-9		
Downhill Wrap-HD12	10-12	Tour Tongue-DD15	9-11		
Downhill Wrap-HD15	13-15				
		Tour Wrap-DD9	5-7		
		Tour Wrap-DD12	7-9		

Please refer to: intuitionliners.com for heating times of all our liners.

❗ All recommended times are for the Intuition/K-Tech heater on setting II (120C), or the rice method. Intuition does not recommend or warranty our liners when heated in ovens.

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