

Intuition Liners Home Fitting Instructions

IMPORTANT:

Before molding, try both liners on in your boots with any foot beds/orthotics you intend to use, to ensure they fit your boots and feet properly. Not too tight, not too sloppy!

****DO NOT MOLD IF THE LINERS DON'T FIT!****

You will need: Intuition Fit Kit (1 pair of stockings & 1 rubber toe cap)
microwave oven
uncooked short grain white rice (do not use instant rice)
3lbs for sizes up to U.S. Men's 9 (4 lbs for higher sizes)

1. Fill one fitting sock with 3-4 lbs of short grain white rice and tie a knot at the end.
2. On a flat surface, spread rice throughout stocking to form a long sausage shape.
3. Keeping rice stocking in an even, tubular shape, place into microwave.
4. Based on wattage in manual or back panel of microwave, heat rice stocking for appropriate time:
100-900W=7min, 1000-1100W=5 min, 1200-1250W=4 min.
5. While rice stocking is heating, place toecap on first foot to fit (Intuition logo over big toe).
6. Place the other fitting sock over toecap to secure. Pull stocking up evenly, eliminating all wrinkles.
7. **(CAUTION HOT!)** When timer goes off, by knotted end, pull rice stocking out of microwave.
8. Continuing to hold by knot, place rice stocking inside first liner (in boot). Work 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.
9. Let boot stand with rice stocking inside for 4-12 min depending on liner model (refer to heating chart – see over) Remove heated rice stocking from liner. Insert foot bed now, if used. With toecap on securely, place foot into heated liner. When boot is on, kick heel into floor to ensure heel and liner are in heel pocket firmly. Buckle or lace-up to normal tension settings. Keep weight on boot 5-7 min STANDING with knees slightly bent. Keep heels down to avoid creating extra space resulting in heel lift. (You can also place your boots against a board (2x4) to help push heel back towards heel of boot).
10. Take off boot, stocking and toecap, and repeat for other liner.

ADDITIONAL FITTING TIPS

Check fit before heating liners. Put liners in boots, with foot beds 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 they are curled up or jammed into the end of the liners, they are too small, and you may need a larger size. Ideally, the liner should feel snug all over, with no uncomfortable pressure points. Feeling a bit too tight is okay because the liner will compress when heated and buckled down.

We do not recommend heat molding a liner that feels loose. Do not rely on 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.

After initial molding, if you need to adjust fit in a specific area (ex. ankle or toe box) consider making a smaller rice bag to use rather than re-molding entire liner.

Cuff can be reheated and adjusted by shaping rice bag into a more condensed ball shape. Lay boot on side to allow rice bag to rest in top of cuff area.

When heating an overlap style liner, you will want to position rice bag in between overlap of liner, to heat the outer overlap.

“Break-in period” Try skiing a couple of times first and then make adjustments to the fit as needed.

HEATING TIME CHART (step 9 – heated rice stocking resting in liner)

Mini-Luxury (kids)	2-4 mins	Tour Mod	6-8	Alpine	8-10
Junior Race	2-4	Plug Race	6-8	Plug	8-10
Dreamliner	4-6	FX Race	6-8	Classic HD	8-10
Classic FX	4-6	ProTour	6-8	Power Wrap	10-12
Mukluk	4-6	Tour Wrap	6-8	Power Wrap+	10-12
Aqua	6-8	Universal	6-8	Pro Wrap	10-12
Classic RD	6-8	Godiva	8-10	Pro Tongue	10-12
Denali	6-8	HD Race	8-10	SBC Wrap	10-12
Logan	6-8	Luxury	8-10		

For a more aggressive mold, heat for maximum suggested time.

Be mindful of volume and size – a low volume (thinner) liner requires less heating time (ex. LV ProTour 6 min, HV ProTour 8 min), and a size 4 needs a smaller rice bag than a size 15.

Check out our fit videos on You Tube – to find them, search:

Intuition Home Fit

Intuition Shop Fit

Intuition Spandy Andy

For more information visit: www.intuitionliners.com

Questions? Concerns? Email us at info@intuitionliners.com or call **(604) 879-9231**