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## INSTRUCTIONS FOR FORMING A THERMO-FIT LINER

1. Pre-heat oven to 210 degrees F (100 degrees C).

**CAUTION:** Do not heat above 210 degrees. Be certain that your oven is accurate.

2. Place liner in pre-heated oven for 5 minutes.

3. Place two athletic socks over your foot. The socks provide additional space and protection from the heat during the molding cycle.

4. Once the liner has been heated, using gloves, remove the liner from the oven.

5. Slip your foot into the heated liner and pull completely over your foot.

6. Quickly place your foot into your Ski-Tec boot. Buckle your boot so that it is just snug. Do not over tighten the buckles during the molding cycle.

7. Allow liner to cool for 5 minutes.

8. Remove foot and repeat steps if needed. Liners can be reformed at any time.