

## STEP 1

Start by loosening the laces, placing your foot into the boot. Ensure the heel is fitting snugly into the heel cup and the tongue gusset sitting neatly.


## STEP 2

Do up your laces when your foot is in the position it will be in when you're walking - it will make them fit better. Before you start doing up your laces, put your foot (and boot!) at a slight angle, with the toe pointing to the sky.


## Correctly lacing your bushwalking boots will improve their comfort, control and support, maximising their potential. A good, reliable fit will save energy, reduce fatigue and keep you comfortable.

Use the following steps with ONE PLANET boots to personalise your fit and find your happy feet. We suggest using a medium to thick, high percentage merino wool sock, combined with firm lace tension to minimise foot movement with in the boot.

## STEP 3

Tighten the laces, starting with the lower section. Work from the toe box up towards the tongue. Most people like having a firm fit that still allows your toes to wriggle.

## STEP 4

When you've fitted the lower section of laces (up to the first hook), 'lock it off' with an overhand knot.


The overhand knot allows you to tailor the lace tension between the lower and upper sections of the boot to suit your own preferences. Some people prefer having a tighter low section and a more flexible upper: ideal for a day of hill climbing. Others prefer a loose lower section with a secure, tighter upper.

## STEP 5

When lacing the hooks, we recommend going around the lower hooks from the bottom to top.


With the top row of hooks, go the other way: around the top to the bottom. This will make the bow sit neatly and stop it slipping around or off the tongue.

## STEP 6

Finish by tying with a double bow. To prevent snagging, you can tuck the laces in.


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For more information about ONE PLANET shoes please visit: www.oneplanet.au

