



# Tips and Tricks for Putting on Snowshoes!

(Youth Medium to Adult)

**Step 1:** Have the youth put the ball of their foot over the top of the crampon. Their toes should hang over the crampon in the toe hole, but not scrape the top of the opening when they pivot their foot. Youth might have to move their foot back and this should be done before tightening any of the straps. The snowshoes marked with a **red** zip tie go on the **right**.



**Step 2:** Tighten the toe strap around the top of the boot. Use both tightening buckles to make sure the boot is centered and secure. Some snowshoes may have an additional ankle buckle strap.



**Step 3:** Tighten strap around back of heel. Pull on the tails of the strap to tighten. To loosen; lift up on the clip and pull on the belt from section that touches heel. Some snowshoes may have a buckle strap. Pull the strap back until you can tightly fasten the strap through one of the holes on the metal point of the buckle. Tuck in any extra tails so not to trip while snowshoe hiking.

