



# GOODE

## **GOODE's** Deluxe Heat Moldable Liners Fitting Instructions

### Instructions

1. Purchase a GOODE Heat Moldable Liner Fit-Kit which includes 1 pair of fitting socks and a toe cap.
2. Remove your old liners from your PowerShell Boots and replace them with your new *Deluxe Heat Moldable Liners*.
3. Remove one fitting sock from the package and fill it with 2-3 lbs of uncooked long or short grain white rice. Tie a knot at the end of the sock.
4. Spread the sock out on a counter and form it into a large, long sausage shape. Place the rice sock into your microwave oven; keeping it in an even tubular shape.
5. Set your microwave oven on one of the following settings based on the oven's wattage output:  
700W - 5 minutes / 1000 – 1100W - 4 minutes / 1200 – 1250W - 3 minutes. Set a timer for the precise time.
6. Heat the rice sock in the microwave oven for the specified time listed above in step 5.
7. When the timer goes off pull your rice sock out of the microwave oven by the knotted end. **Be careful - it's HOT and you could get burned!**
8. Hold the "rice sock" by the knot and place it into your liner. You will need to work the rice sock into your liner by tapping the boot multiple times; first on the heel and then on the toe. Keep tapping it back and forth between the heel and toe until the rice sock has settled deep into the liner.
9. Set a timer for 6 minutes and let the boot stand with the rice sock inside the liner to heat the liner.
10. While the "rice sock" is warming the boot, place the toe cap on your bare foot, left foot for the left boot and right foot for the right boot. Be sure to place the Intuition logo on your big toe.
11. Place the other fitting sock over the toe cap and pull up the sock evenly over your foot, eliminating all wrinkles.
12. Remove the "rice sock" after 6 minutes and place your foot in the boot liner with your toe cap on securely. Buckle up your boot to the normal skiing tension settings. Keep weight on your boot for 5 minutes. Stand in skiing position.
13. The molding of the liner is now complete. Remove your foot, take off the sock and toe cap and prepare to do the other boot repeating the same instructions.

