



Fitting Ski Bindings to a New Pair of Boots

Rather than donating or throwing out old skis when you buy new boots, we will show you how to adjust ski bindings to fit a new pair of boots.

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INTRODUCTION

Use this guide to adjust ski bindings to fit a new skier. It applies to alpine ski only, not to cross-country ski.

The ski binding is the device that connects your ski boot to the ski. When a skier gets a new pair of ski boots or buys the sky of someone else, it's unnecessary to purchase a new pair of skis or pay someone to adjust the bindings. Instead, you can use this guide to learn how to adjust the bindings yourself.

This guide shows you how to adjust the location of the bindings as well as the *DIN setting*. Your DIN setting is a function of your height, weight, and a few other personalized parameters. It's crucial to adjust it for your security and ease.

Before using this guide, calculate your DIN setting [here](#).



TOOLS:

- [Flathead 3/32" or 2.5 mm Screwdriver](#) (1)
 - [Plain Paper](#) (1)
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Step 1 — Fitting Ski Bindings to a New Pair of Boots



- Locate the boot size (in millimeters) on the bottom of the boot.
- ❗ If the boot size is not on the bottom, check the inner or outer sides of the heel.
- ❗ In our case, the size is 316mm. However, this may not be the case for everyone.

Step 2



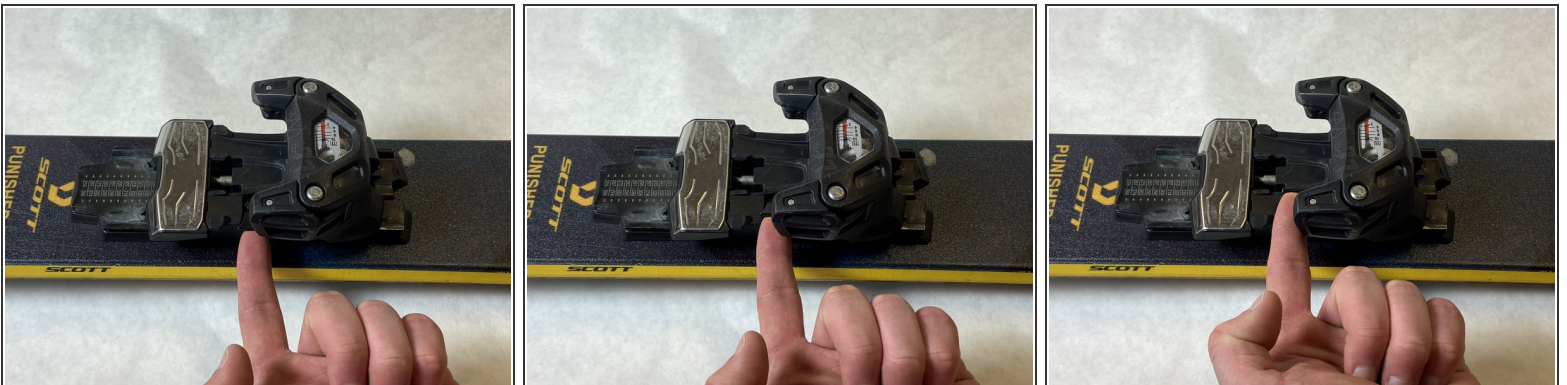
- Place your ski on a flat surface with the ski bindings facing up.
- Locate the lever on the side of the heel piece of the binding.
- Lift and hold the lever in the upright position.

Step 3



- With the lever raised, slide the heel piece until the markers point to the correct range of the boot size.
- ❗ Given the boot size in this guide is 316mm, the correct range for this ski boot is 311mm - 318mm. This may not be the case for everyone.

Step 4



- Locate the lever on the toe piece of the binding.
- Lift and hold the lever in the upright position.

Step 5



- With the lever raised, slide the toe piece until the markers point to the correct boot size range.
- ⓘ Given the boot size in this guide is 316mm, the correct range for this ski boot is 315mm - 322mm. This may not be the case for everyone.

Step 6



- Insert the toe of the boot into the toe piece of the binding.
- Push down on the boot until the boot clips into the binding. If needed, you can lift the lever on the heel piece to facilitate the procedure.

Step 7



- Insert the screwdriver in the front of the toe piece.
- Loosen the screw until the toe bar moves backwards.
- ⓘ You should be able to fit a piece of paper between the bottom of the boot and the toe bar.

Step 8



- Insert a piece of paper between the bottom of the boot and the toe bar.
 - Tighten the screw at the front of the toe piece until there is resistance when pulling the paper out.
 - ⓘ You should be able to pull the paper out without it ripping but not push it back in.
- ⚠ Over-tightening of the toe bar can be dangerous. Practice caution and take your time.

Step 9



- Adjust the DIN setting on the toe piece to your personalized setting by tightening or loosening the screw on the side of the bindings.
- Look at the window on the top of the toe piece to see the current DIN setting.

⚠ Skiing with a DIN setting that is too high can be dangerous, because the binding won't be activated if the ski is subject to high strains. Use caution to not over-tighten the screw. On the contrary, a low value will cause undesired activations of the binding, which can be dangerous, too.

Step 10



- Repeat step 9 but on the heel piece.
- Adjust the DIN setting on the heel piece by tightening or loosening the screw on the back.
- Look at the window on the top of the heel piece to see the current DIN setting.

⚠ Skiing with a DIN setting that is too high can be dangerous. Use caution to not over-tighten the screw.

Repeat this guide on the other ski and you're ready to go!