

MALES

To adjust your ski bindings combine your weight and shoe size. Read off your provisional bindings setting. Then adjust the reading according to your ski ability, level of fitness and age.

Binding DIN setting

Skier's weight (Kg)	Boot size					
	< 1	1 ½ - 3	3 ½ - 5	5 ½ - 7 ½	8 - 9 ½	> 10
10 - 17		¾				
18 - 21	1 ¼	1	¾			
22 - 25	1 ½	1 ¼	1 ¼	1		
26 - 30	2	1 ¾	1 ½	1 ¼	1 ¼	
31 - 35	2 ½	2 ¼	2	1 ¾	1 ½	1 ½
36 - 41	3	2 ¾	2 ½	2 ¼	2	1 ¾
42 - 48		3 ½	3 ¼	2 ¾	2 ½	2 ¼
49 - 57		4 ¼	4	3 ¾	3 ½	3
58 - 66		5 ½	5	4 ½	4	3 ½
67 - 78		6 ½	6	5 ½	5	4 ½
79 - 94		7 ½	7	6 ½	6	5 ½
> 94			8 ½	8	7	6 ½
			10	9 ½	8 ½	8
			11 ½	11	10	9 ½

Skier ability	Corrections to apply to above chart
Adult beginner (25yrs and older) Skier aged 50yrs or older	Move up one line
Young beginner (<25yrs) Young skier (<17yrs) Average skier poor physical condition Good skier with smooth style, for whom safety important	No correction
Good skier < 25 yrs with a smooth style Average level skier in good physical condition	Move down one line
Good skier, skis aggressively on all terrains	Move down two lines
Excellent skier on all terrains, including difficult slopes	Move down three lines

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