

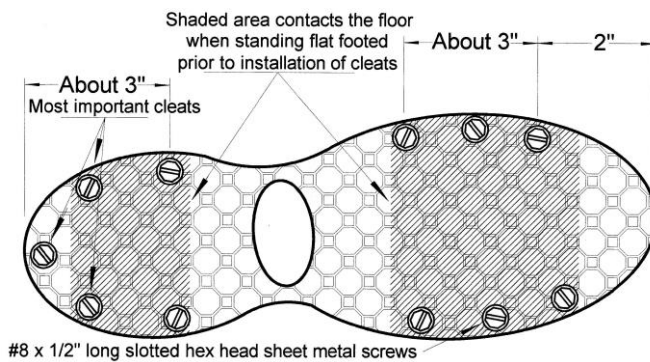
## How to Make Ice-gripping Footwear

Provided by Ron Konieczynski [konieczynski@sbcglobal.net](mailto:konieczynski@sbcglobal.net)

Falling causes the most injuries on CHC hikes and many falls occur on “black ice” that’s hard to see and on icy patches in trailhead parking lots. Both cleats that are attached to boots by straps or steel studs attached to the soles of boots can prevent many of these falls. Here’s how to make ice-gripping footwear out of hiking boots or “trail runner” shoes.

You’ll need the following parts and tools:

- 22 slotted hex head sheet metal screws #8 x 1/2-inch long.
- 1/4-inch hex nut driver or socket wrench.
- 1/8-inch drill.



Instructions:

- Drill holes in the pattern shown and about 3/8-inch in from the edge of the soles. Adjust the spacing so that holes are in the existing rubber cleats on the boots.
- Use a nut driver to drive sheet metal screws into drilled holes.
- Replace screws when the sharp edges are worn smooth. Screw heads worn smooth can be slipperier than no screws at all.

Remain cautious — cleats offer some security but don’t guarantee that a hiker won’t slip. Many hikers use their studded boots only when a trail is obviously icy; that can be a mistake because it only takes an isolated patch of ice, hidden by a few leaves, to cause a life-threatening fall. Consider wearing studded boots whenever it’s below freezing.