Heat molding AS Intuition boot Liners

Our intuition liners are a simple single density 9mm liner. We used Lycra as the inner fabric. The liner is a wrap liner with no lacing. After using these or 30+ years this has been my favorite version. It is simple, super light and dries quickly. have used them around camp as a bootie (a voile strap is a good addition for this. They are very warm and will mold to your feet just skiing in them for a few days.

We made them a bit taller than the normal double boot liner. This makes them usable in Scarpa T3/T4s and Scott/Garmont Excursions.as well as some other plastic boots. Test them in a boot to see if they are tall enough to clear the cuff. Some plastic boots (Scarpa and Garmont) have on some years come with a Intuition liner in various forms.

If you have difficult issues with your feet - bunions, bone spurs, or overly prominent ankle bones, you can heat and reform these to compensate for this. If you have particularly wide feet you can adjust the liners for that as well.

The liners are reheatable as well. Not sure how many times but I have heated some in the past 4+ times with no issues.

Step 1) Start with prepping your feet for any protrusions or wide spots, build out the area with some sort of padding, a thin piece of foam (packing foam is good), Kleenex, TP, whatever. Tape to the area in question so it does not migrate elsewhere. Put a medium thickness sock on and over any padding.

If your toes are snug and you want some extra wiggle room (a good idea in the backcountry) you can cut the end off of an old pair of socks and add it over your normal sock you are using to fit the liner. You can also stick Kleenex or TP between your toes to spread out the width(I find it's hard to keep them in place without securing them somehow). You can adjust the length a bit by adding a layer of foam or similar across the ends of your toes as well.

Step 2) You need an oven for this. Heat to 250F or about 120C. I put the liner (do one at a time) in a brown paper grocery bag. If it is a gas oven I go to 260F before putting the liner in and then turn off the gas. The liner can stay in for 6+ minutes. When ready it will feel soft and somewhat marshmallowy.

Step 3) Remove the liner and fit it in the boot shell, making sure it is all the way in and not wrinkled in there. Put your socked and prepped foot in the liner and pull it up to remove any folds or creases. Make sure the wrap is correct. tighten up the buckles or laces, but not too tight as you can squeeze the liner too much and make it thinner than you want (especially true with buckle boots). I like to tighten the foot part more than the ankle and above. Stand in a neutral position for a few minutes, then flex forward and back a bit a bit and wiggle your toes. After 6-8 minutes you are done. Once the liner has cooled you can remove the boot and take off any added padding you had. Leave the liner in the boot for an hour or so before trying it on again.

I find the material shrinks a bit once cooled. I recommend skiing in it a few times to get it to loosen and fully set to your feet.
With these doubles, I did not heat my liners to start with. They were quite snug around my feet but after a couple of days skiing in them (2-3 hours each) they loosened up to feel just right. Your feet can throw off enough heat to adjust the fit somewhat over time.

If you want to use a custom foot bed you can add that to the liner after heating and before putting your foot in the heated liner.
I added a thin liner in my boots after 10-12 days of skiing.

CAUTION!
Make sure you pay attention to the time and temperature! The liners can be damaged or ruined by over heating. Liners will not be warrantied because of damage due to overheating. If you are nervous about doing this yourself there are a number of ski shops that are set up to custom heat mold liners.