

The way you tie your laces can have a considerable impact on your enjoyment and comfort and, in the long run, chances of completing your expedition successfully. Have a look at the guide below to see if you have been lacing your boots incorrectly and if so try the alternative way to suit your feet and see if it makes a difference.

**HIGH ARCHES**  
SOLUTION:  
Open Up The Middle

**SHOES FEEL TOO TIGHT**  
SOLUTION:  
Trust In Parallel Style

**HEEL SLIPPING**  
SOLUTION:  
Secure The Top And Leave The Rest

**BLACK TOENAILS | TOE PAIN**  
SOLUTION:  
Get Your Shoe OFF Your Toe

**WIDE FOREFOOT**  
SOLUTION:  
Leave Some Space

PIECOLLAGE