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How to install little hotties thermal insoles

I have cold feet, and no, I don't mean I get away with things. I mean, my feet get cold, with a capital C, and stay that way, even when other people around me feel comfortable. The theory is that frostbite when I was a child damaged my circulation; That is certainly possible. But, regardless of the cause, the fact is that I really need to pay attention to keep warm, or I'm utterly miserable. One of the things I've found useful for years is disposable toe warmers with glue on one side. They are readily available from different manufacturers, they are cheap, and they work for hours. Whether I'm cycling, cross-country skiing, snowshoeing, whatever, they add warmth to the toe part of my boots. Unfortunately, though, they have a problem. If you put them under your feet, so the heat rises, they are woefully uncomfortable when you walk. So, we put them all on top of our feet, where they have a whole heck of a lot better than nothing, but not as useful as they might be. Can something so simple really make your feet comfortable for hours in cold weather? The answer is a resounding yes! (David Shedd photo) Enter the Little Hotties Cushion Inlegsoles. At first glance they look like a typical decent quality insole, shaped to fit a typical foot, with the usual archrest rest and heel cup. A little thicker than typical, so probably a little warmer. Nice, but nothing special... until you turn them over, and that's when the aha moment comes. Right right under the ball of your foot is a small plug that happens to be the same size and shape as, you guessed it, a Little Hotties toe warmer! Pull the plug, take a warmer, first plug it into the glue side and slide it into your shoe; voila, instant warmth! Cycling with Little hotties Insoles The Little Hotties insoles happened to be the day before I took one of the Saturday morning bike rides, which made me leave my house at 6:30 and ride about 14 miles in order to meet the group for some severe pain. And when I got up, it was 30 degrees. Not a great temperature for my feet, but perfect for testing the insoles. In my racing shoes they went, and instead of putting on heavy booties as I usually would for that temperature, I wore my Sugoi Ti booties, which are gorgeous, windproof, and remarkably warm for their thickness and weight, but are not designed for subfreezing temps. And... on the way in, during the ride, and on the way home, my feet remained comfortable! Because the heat source is through the ball of my foot and not the toes, the very tips of my two middle toes felt a bit cool for a while, but that was it. No discomfort, and 4 hours later, they were still producing useful heat. Insoles, toe warmers and Boots even make lightweight racing shoes comfortable below freezing. (David Shedd Shedd That in itself would be enough of a test, but Mother Nature wasn't done with me. On April 9, I have a cycling race called the Tour of the Battenkill in upstate New York ... 62 miles from hell. But, at least the weather forecast was good; temperatures during race time were supposed to be in the low 40s, not much wind... great racing conditions. And, I was fully prepared for them, which of course means that when I woke up at the Mount Snow Grand Summit hotel in the morning, it snowed. During the race it was 34 degrees and a wind of 15 km/h. And, you guessed it... No, I didn't have any clothes, especially footwear, for those conditions. I had the Sugoi booties listed above, perfect for the conditions I had to drive. But, I had thrown the Little Hotties in, and a set of toe warmers, almost like a joke; I really didn't need them. In my shoes they went, on my bike I got, and throughout the race, at least my feet wore comfortably (the rest of me was in pain, but that's what I get for doing a race like that early in the season!). The race was miserable enough without any help; With cold feet, it would have been pure torture. In short, Little Hotties insoles are for me a no-brainer for anyone who cycles in cold weather. There is no downside to them, period. But that's not all they're good for. Anyone expecting to stand around in cold conditions watching kids play soccer, or is going to watch an XC ski race, or is an ice fisherman, should have them. If you imagine for a time that your feet will be cold for an extended period of time, you should own them. The price is so low for performance that there's just no good reason not to get them. All you need to be aware of is that they are probably a little thicker than your current insole, so make sure you don't have a tight shoe. Or wear a slightly thinner sock than you normally would... You will make more than the difference with the warmth of the toe warmers. The small plugs go back inside, so if you want to use the insoles without the toe warmers, you can do that; Keep a few warmers in your pocket, and if you unexpectedly find yourself in a situation where you are stuck around in the cold, you're all set! It's really that easy, and they really work that well. My feet will never be so cold again! © 1996-2014, Amazon.com, Inc. or its affiliates Q&A'sQ: Are they waterproof. Looking for rowing shoe insoles ... A: No, they're not waterproof. Q: Is the foil side face of the foot or the bottom of the shoe? A: The foil side should face the bottom of the shoe as this helps block the cold from penetrating the shoe and reaching your foot. Q: how thick are the soles A: These insoles about 6mm thick. Little Hotties Thermal InsolesThese Little Hotties Are Better Than Not only are they cushioning, but they are also made to keep your feet beautiful and warm so you can enjoy your time outside. Great for shoes, work shoes, hunting shoes. All your winter footwear can benefit from Little Hotties! - 1,110 grams of mixed polar felt trap heat and absorbs moisture- Radiantex layer reflects heat and rep conserves water- Layer of recycled mixed felt locks moisture from moisture- Damping for extra comfort- Retains its heat properties even if it carries- One size fits most. Trim to fit- Machine wash / air dry- For warm feet in all winter weather or cold conditions! Conditions!

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