# Common Hiking Boot Lacing Techniques...

The standard lacing technique works well for many people but not everybody. Correct lacing is taut, but not too tight, from the toe up to the top of the boot or shoe. There should be no loose lacing and the lacing should contact the boot evenly and firmly.

Below are a few tried-and-true techniques. Use this as a starting point and experiment with your own.

**Loop:** If laces are slipping on a hook, lace "down" a hook instead of "up" creating a loop.

**D-ring lock:** By bringing the lace around through the eyelet from the top, pressure is applied on the lace.

**Overhand knot:** The most common means of locking off tension below the knot.

**Surgeon's knot:** this is a very secure means of locking off any chosen tension below the knot.

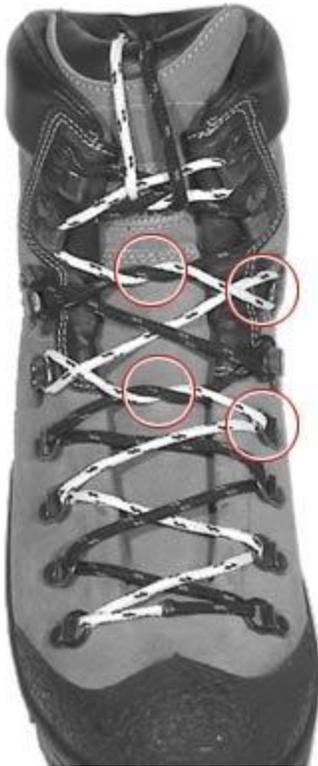**Marathon loop:** Improves heel lock for low-cut shoes.

**Low-Cut Shoe Heel Lock**
Make a loop through the double eyelet at the top of the shoe and lace back through the loop. Pull up against the loop to snug your heel into the heel pocket.

**Boot Heel Lock**
To distribute pressure create a loop between two hooks and pass the lace from above and through, then continue upward.
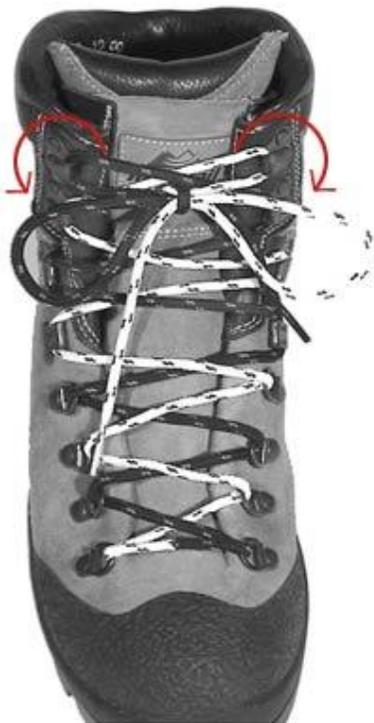
**Low Volume**
To improve performance with lower-volume or narrow feet, utilize on or more of the "locking" techniques to hold the foot securely in place without causing excessive pressure or irritation.

### High Instep
To reduce pressure over the instep, simply skip crossing the laces over the sensitive area sometimes associated with having a high instep. It's a good idea to use with a locking procedure before and after. As shown here.

### Cuff Pressure
To eliminate lower skin irritation, finish the lacing by bringing the laces over the top of the hooks before tying the bow knot.

**Granny Knot**
This is a very common knot that is less secure than a square knot. If you end up with a knot where the bow loops point up and down, you have a granny knot.

**Square Knot**
To tie a square knot, begin with an overhand knot, take the two loops and pass "right over left, then left over right" and you have a square knot. The finished product should have bow loops that point to the sides.