



BAREFOOT **T**ED'S
A D V E N T U R E S

Huarache Running Sandal Kit Instructions

Copyright 2007 Barefoot Ted's Adventures



Required Tools

- 1. Hammer*
- 2. 3/16" hole punch (for toe hole)*
- 3. 1/4" hole punch (for ankle holes)*
- 4. Scissors or Utility Knife*
- 5. Sharpie Fine Point Pen*
- 6. Blank Sheet 8 1/2" x 11" paper*

Trace around foot with Sharpie keeping pen perpendicular to the floor.

Be sure to mark the gap between your big toe and second toe.

If like me, both feet are the same size, you can use this template for both right and left foot (just flip).



Also make marks on both sides of your foot at the front of the ankle.

Outside foot hole should be on the outside edge of the foot at the place where the foot touches the ground the least.



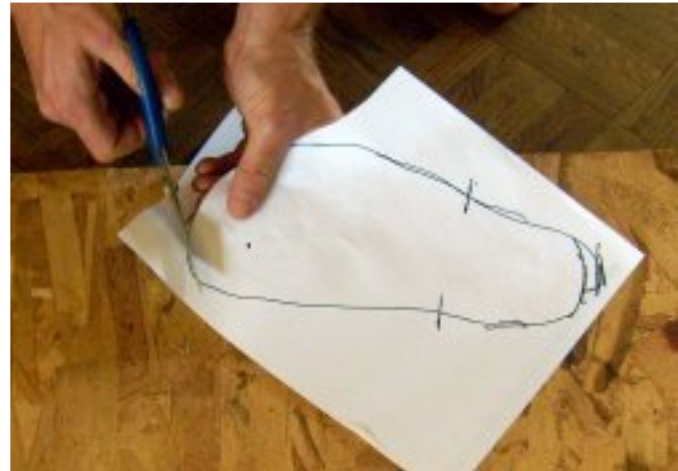
Here is what you will have when finished tracing your foot.

The outline of your foot along with marks for the toe hole and ankle holes.

Ankle holes will be approx. 1/4" in from the edge.

Next, cut out your template.

If you are like me, you will only need this one (if both your feet are the same size).



Mark the top of your right foot R.

Flip over and mark L for left.

Now you are ready to trace template onto sole material.



Carefully trace your template onto the sole material with Sharpie.

Use Sharpie to mark toe and ankle holes.

Again, ankle holes approx. 1/4" in from the edge.



Now it is time to punch the toe and ankle holes.

Use the 3/16" punch for the toe hole.

Use the 1/4" punch for the ankle holes.



Using your scissors, it is now time to cut the sole material.

You can use the inside edge of your tracing as a guide.

For a more accurate cut, use a utility knife.

Now time to string your huarache.

Take one hemp cord. Tie two square knots on the end.

At first it seems like it sticks out too much. With wear, it will soon flatten.

For Double-Hemp, see next page.



Now pull your strap through the first hole.

For the right sandal, the first hole is on the right side and vice-versa for the left sandal.



Double Hemp

With double-hemp laces, take the middle point that is waxed and push through the toe hole on the bottom of the sole.

Pull double-hemp lace through the toe hole.

Stringing the lace is the same as single hemp lacing (which is the same as leather).



Pull through until enough cord is left in order to tie a square knot.





Now pull strap under the toe cord.

Next, you will stick it through the left hole.

Double hemp and leather follows this same pattern.

Here's how it should look.

Next, we are going to loop the strap around the left strap.



You are done making the right sandal.

Repeat for the left sandal.

Please refer to www.barefooted.com for information and videos on how to tie your sandal.

Also, go to <http://groups.google.com/group/huaraches> and share your experiences and ask questions.





BFT's Huarache RunningSandals: Kits and Custom Made

Go to www.barefootted.com/shop to see the latest.

Copyright 2007 Barefoot Ted's Adventures & BFT's Huaraches