



- [How do Yaktrax® Traction devices work?](#)

When you move with Yaktrax, every step you take places hundreds of biting edges in direct contact with the ice beneath your feet. Yaktrax create a solid, secure grip by way of our patented SkidLock coil system, made of specially treated steel. As you step, each tiny SkidLock coil presses downward, becoming embedded into the ice below. As you transfer weight onto your foot, hundreds of SkidLock surfaces squeeze into the ice, providing you with stability in all directions: forward, backward, and side to side. When you lift your foot, the Yaktrax device stays securely on your shoe, offering unhindered ease of movement.

- [Do I have to walk differently with Yaktrax Traction devices?](#)

Yaktrax devices allow you to move about as you naturally would. You will experience an increase in stability on ice and snow like you have never felt before.

- [How can I make sure my Yaktrax coil devices keep their shape?](#)

To ensure maximum life and effectiveness of your Yaktrax device, periodically pinch the coils in the areas indicated by the circles on the included insert to maintain original shape and angle. Please remember that Yaktrax devices are not intended for use on gravel, concrete, or sanded roads cleared of snow, as these do not allow the coils to compress properly, resulting in damage.

- [How do I put Yaktrax Traction devices on my shoes?](#)

The easiest way to install Yaktrax on your shoes is to sit, pull your foot up near your other knee, then slip the device over your shoe. Start from the front of your shoe and then pull them over the bottom of your shoes, securing them in the back heel area. You may also fit them over your shoe prior to putting on your shoes.

- [Do Yaktrax men's and women's traction devices differ?](#)

No, there is no difference in the design of the men's and women's devices. The only difference is the recommended sizing. Please see our size charts located on each device's product page. We suggest going up one size than your typical shoe size for use over work or hiking boots and adding two sizes for use over insulated/snow boots.

- [Is there a weight limit for Yaktrax traction devices?](#)

There is no upper weight limit on our Traction devices. However, you must weigh above a certain threshold (around 70-75 lbs) to engage the unit effectively to prevent slipping. For this reason, we do not make Yaktrax devices for children.

- [Which Traction® product is right for me?](#)

We offer an assortment of traction devices so that you can find the perfect device to suit your needs. Utility ranges from our everyday solution, the Walk, up to our most vigorous spike-based device, the Summit. Use the Compare Products feature to create a comparison chart that may help you determine which device will work best for you. Click the 'COMPARE' link underneath each product you're interested in learning more about on the all products page. A box will pop up at the bottom of your browser displaying each style you select. Click 'View Comparison' in this box to view a chart that compares recommended activities, sizing, coils and more.

- [What's inside a Yaktrax Warmer? How does it work?](#)

All Yaktrax® warmers contain a mixture of natural ingredients that react together when exposed to air to produce heat. This is accomplished through an extremely fast oxidation (or rusting) process. Ingredients include: iron powder, water, salt, activated charcoal, and vermiculite. Yaktrax® has perfected the process so that our warmers, depending on the individual product, produce heat anywhere from 105°F to 165°F for a duration of 1 to 18+ hours.

- [Are Yaktrax Warmers environmentally friendly?](#)

Yaktrax Warmers are completely environmentally safe. Just use and dispose of in your everyday garbage. Neither the contents nor the packs themselves are compostable.

- [Can I take Yaktrax Warmers on an airplane?](#)

Yes, Yaktrax Warmers are TSA approved and can be taken in your carry-on or used to stay warm during your flight. They are completely safe for air travel.

- [How long does a Yaktrax Warmer last?](#)

Each warmer has various expected heat times due to the variation in size. Warmers generally last up to 5 hours for the smaller packs and up to 18 hours for the larger sizes.

- [What is the difference between a Foot or Toe Warmer and a Hand Warmer?](#)

Foot Warmers and Toe Warmers are designed to work in restricted air such as a boot. The convenient half-moon shaped Toe Warmer has a thin adhesive layer that comfortably holds the Toe Warmer under or above the toes outside the sock. The Foot Warmer gets slightly warmer and is designed to fit on top of the insole in your footwear.

- [Are Yaktrax Warmers safe for children?](#)

Yes, they are safe for children. Yaktrax® Warmers are completely nontoxic and totally safe with proper supervision.

- [Are Yaktrax Warmers non-toxic?](#)

Yes, Yaktrax® Warmers are completely nontoxic, clean, safe and effective. There are no fluids, fumes, or flames. It is best not to intentionally open up the warmer pouches, as they are filled with a granular mixture of ingredients that can get messy.