

# buyers guide - how to buy bindings

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Bindings are essential for snowboarding, they make sure your boots and thus your feet are connected to your snowboard in a secure way. There are different kinds of snowboard bindings and different people using different styles prefer different kinds of bindings.

## Snowboard Bindings - A Detailed Look

Before reading this section on how to buy bindings, you might want to read our section on bindings. That will explain about the different kinds of bindings and the different kinds and elements. This buying guide we will work you through the basics of selecting the correct binding. You will need to ask yourself the following questions:

### What kind of Bindings-Boot combination should I choose?

This is by far the most important question you will need to ask yourself. Boots and Bindings are often a combination where not every boot is suitable for each type of binding and the other way around. For more information on buying Boots read our Buying Guide: "Snowboard Boots". There are a couple of combinations of Boot & Binding:

- Soft Boots and Strap On/Flow In Bindings. This system is most flexible. Any soft snowboarding boot can be used with the strap on system. FreeStylers and FreeRiders often prefer this system as it gives more flexibility and maneuverability. It also the most comfortable combination when not actually on the board.
- Soft/Hard Step-In Boots with Step-In Bindings. If you are going to choose step in bindings for your snowboard then you will also need to choose step-in boots to go along with these. The Step In systems need to be the same on the boots and bindings. Step In systems make getting on and off your board very easy. There is a price to pay: Step Ins offer less alternatives and often cheaper step in systems give less board control.
- Hard Boots with Plate/Lever Bindings. Hard Boots in combination with Plate/Lever Bindings give the most solid and direct control over your snowboard. All body movements are directly transmitted to the board without padding absorbing much of this energy. FreeCarvers prefer these type of bindings/boots as they need this kind of control in high speed turns.

At this moment Soft Boots and Strap Bindings are the norm as they provide both a flexible way of adjusting the boots and bindings for a perfect fit and are most comfortable when not on the board. Step In bindings and boots are used by many, however, for their ease of getting on and off the board.

### What Binding size should I choose?

Bindings typically come in two or three sizes (Small, Medium and Large). The size you choose will depend completely on the Snowboard Boot that you have chosen in combination with the binding. Make sure the binding has the correct size that allows you to easily get into the binding and easily adjust the straps (when using strap binding) without leaving too much strap on either side.

How high should my Highback be?

As explained in the Binding Details section, the highback is the plate at the end of the binding supporting your heel and calves. Different kinds of bindings have different highbacks. If your preferred Riding Style is FreeStyle then you will want a smaller, more flexible highback for the extra maneuverability. Aggressive FreeRiders and FreeCarvers will want higher, stiffer highbacks for extra control. For even more control take bindings without highbacks but with hard boots

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