

## How to make tape foot moulds

### You Will Need: -

- 2 thin plastic supermarket bags or cling wrap
- A roll of duct, gaffer or hockey stick tape
- a friend to help you
- a flat hard surfaced floor to stand on
- a pair of scissors

### Directions: -

- Put a plastic bag on each foot – or loosely wrap each foot in cling wrap.
- Stand up straight, solidly and evenly on both feet, facing forward. This is important... get your friend to check by standing behind you while you move your feet further apart or closer together until your Achilles tendons are vertical. Usually your feet will be shoulder width apart. Don't lean or sit. Okay groovy...  
(Yes you are going to have to lift your feet a bit at times while your friend slides tape underneath your feet but put your feet back down when you can and keep this upright position with your weight in your feet as much as you can during the whole process).
- Now your friend breaks off strips of tape to wrap around your feet one at a time, placing them strategically until your feet are fully taped up. The aim is to make me the closest replica of your feet possible.

#### Tips for the Person Doing the Taping: -

- Don't use masses of tape, aim for a thin shell of each foot. (I'm not using the inside of the mould; I'm using the outside as is. So I don't want it too thick.)
- Because you are trying to get flat tape to mould to curves, use varying lengths of tape one at a time, probably never longer than about 20cm, as seems appropriate for the area/shape you are about to tape.
- Don't pull the tape so tight that the feet get squeezed – (Blue feet = too tight).
- Do use your hands in a huggy way round the feet to help the tape form firmly to shape the feet, up into the arch and round all the bends.
- You're the one in control of this project - You will need to give directions to your model as you go; "lift your foot a bit", "put it back down", etc.
- To cut the feet out of the moulds when done; make a cut down the front just long enough for you to get your foot out. To do this without drawing blood, carefully slide the lower blade of the scissors between the skin and the plastic. Be very careful, gentle and slow to ensure you don't catch any skin before and during snipping.
- Please pack the inside of the moulds loosely with a little tissue paper, newspaper or more plastic bags - something light to help them stay 3 dimensional during their journey. The urge is to pack them tightly with cotton wool or something – It's not a great idea, I've tried it and it tends to distort the shape. Best to just pack them loosely with something so they stay relatively uncrushed on their journey.
- Thank you...
- Enjoy another beverage with your friend.
- Put your creations in a sturdy shoe box with your cardboard foot drawing and measurements. Pack them loosely in the box in some scrunched up paper or something to stop them bouncing about too much on their journey.
- Post it all to me at: **1/6 Sunning Place, Summer Hill, NSW, 2130, Australia**

Some example of tape moulds I have received.

