

Traction Aid Review

PRODUCT	DESCRIPTION	PROS	CONS	BRANDS AND PRICING
Slip on Grippers	Slip on traction aids designed to go over any running shoe or hiking boot. These traction aids usually use wire springs or small studs to provide traction.	Lightweight Low cost Effective on flat surfaces with soft ice	Easily fall off Not effective on steep slopes or with hard ice	Yaktrax – walk, run or pro. \$20-\$40 Wide variety of knock-off brands
Studded Shoes	Carbide studs embedded directly into the outsole of the shoe	Very lightweight Comfortable on a variety terrain No need to take them on or off	Expensive Not effective on extremely steep slopes or very hard ice Can't wear shoes indoors	Icebug - \$150-\$250 Salomon - \$230 Inov-8 - \$150
Trail Crampons/ Microspikes	Slip on traction aids with small steel spikes or teeth. Can be used on running shoes or hiking boots.	Effective on hard ice and very steep slopes Durable	Expensive Heavy Wet snow and mud tend to ball up on the spikes. If wearing running shoes, can squeeze your toes or push up into your feet.	Kahtoola Microspikes - \$80 Hillsound Trail Crampon - \$70
Ice Spikes or Carpet Screws	Screws which the user installs directly into the outsole of any shoe.	Cheap Effective on hard ice and steep slopes	Requires thick soles or you can stab your feet. Frequently fall out of shoes.	Ice Spike - \$20-\$40 3/8" Hex Screws - \$5-\$10