

# HOW TO BUILD STILTS

COURTESY OF RUBY + WISE FOOL

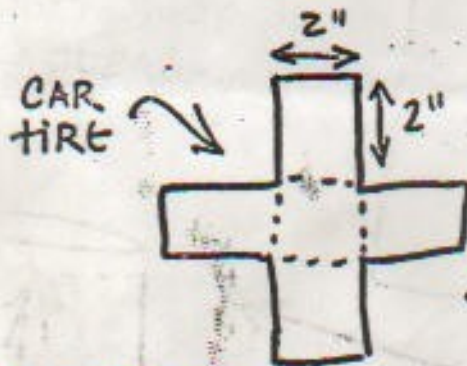
## YOU NEED:

- 2 pieces of 2 x 2 fir, the length of your leg from just below the kneecap to the floor, plus the height you want your Stilts.
- 2 pieces of 2 x 2, 3" long
- 2 pieces of 2 x 4, 7" long
- 2 pieces of 1 x 3, 6" long
- 4 1/2" carriage bolts, 5 1/2" long
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- 8 nuts, 16 washers
- 1 1/2" screws + washers
- 1 used bicycle inner tube
- nylon car tire, tennis ball, or other stiff rubber for bottom of stilt.

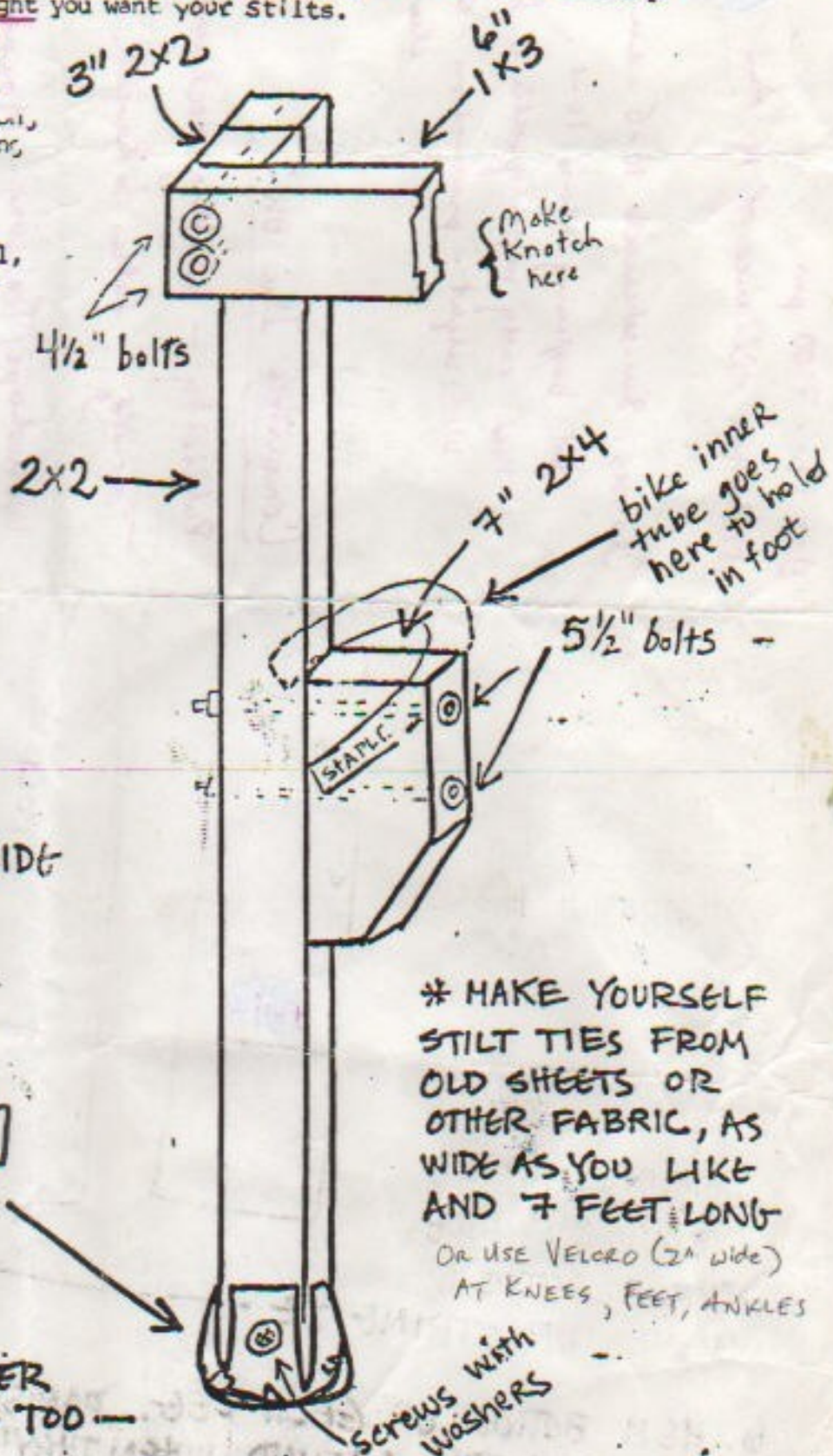
- Foam
- Velcro

\* BE SURE TO GLUE ALL PIECES WITH WOOD GLUE AND TO PUT WASHERS IN FRONT + BACK OF BOLTS.

\* CAR TIRE CAN BE CUT ON BAND SAW, OR USE TENNIS BALL CUT IN HALF + TURNED INSIDE OUT.



\* BIKE KNEEPADS WORK GREAT TO PAD KNEES, BUT FOAM RUBBER OR CARPET WORKS FINE TOO --



\* MAKE YOURSELF STILT TIES FROM OLD SHEETS OR OTHER FABRIC, AS WIDE AS YOU LIKE AND 7 FEET LONG OR USE VELCRO (2" wide) AT KNEES, FEET, ANKLES