

Making a Plaster Cast

1. Frame the track in order to keep the plaster contained. This can be done by building up walls with snow, circling it with a plastic strip, etc.
2. Keep the track from melting when the plaster is added by gently sprinkling a small amount of dry plaster into the track. Wait a couple minutes for it to set, then add more, repeating this about 5 times. Alternatively, you can spray with hairspray or track casting wax.
3. Add water to the container. You will need about a third of a quart of water (roughly a third of the yogurt container) for an average size cast.
4. Add plaster slowly to the water, wait for it to dissolve, then add more. Keep adding plaster until an island of plaster builds in the center of the water, and continue to add plaster until the island is about half the surface of the water.
5. Then stir. Stirring starts the clock of the plaster.
6. When the plaster is thoroughly mixed, pour it slowly into the track, starting at the back or side of the track and moving forward into the claws. Cover with at least $\frac{1}{2}$ inch of plaster. Gently tapping the wet plaster with the stirring stick will help smooth out the back and make it look nicer.
7. Plaster takes approximately 45 minutes to set.
8. When you think it's ready, lightly tap the back with your fingernail. If it doesn't leave a mark, the cast is ready to remove.
9. The cast will reach full strength at about 24 hours. You can brush it very gently right away, but wait to spray with water or use a brush until the next day.