

Boot hire information and blister prevention



Foot comfort can make the difference between a fantastic tramping experience or a miserable one. And the biggest culprit for this is blisters.

The boots that we hire are top-quality full leather, or part leather and breathable fabric, with three-quarter metal shanks and full ankle support.

1. Blister prevention starts when fitting the boots

Choose boots that are half size too big. During tramp your feet will swell. If boots feel snug when you're fitting them they will be tight when you tramping in them, you should be able to fit two fingers between the back of the boot in your heel.

If you can put the boots on go for a run around, wiggle your feet jump up and down, jump forwards and backwards side to side. If there is any tightness change them.

2. Socks

Correct fit: Always use socks that fit. Too much loose material will often result in friction and excessive moisture. At the other end of the spectrum, socks that are too tight can restrict circulation and cause swelling.

Two pairs can be used to create a friction barrier. A thin pair over the foot and then a thicker pair

Avoid cotton: It clings to the skin when wet, doesn't insulate and takes longer to dry.

3. On track prevention

Pre-taping: If you have regular trouble spots (e.g. the back of your heels), consider taping them up before hiking.

Hot Spot: If you feel a blister developing, stop and deal with it ASAP. Options include covering it with medical tape, or duct tape. (If you don't have something don't be afraid to ask your instructor,) they have plenty of blister prevention products

Air your feet regularly. -**Toenails:** Keep them trimmed.

Change and clean socks regularly. On a short tramp you can bring a clean pair for each day.

Wash your feet regularly, either away from water sources or down stream from where people gather water.

4. Blister treatment

Small blisters: Clean, apply antiseptic ointment and cover with a band-aid or medical tape. Alternatively don't do anything and let nature run its course.

Large blisters: If blisters are seriously impeding your ability to hike: **1.** Clean with water or antiseptic swab; **2.** Pop with a flame sterilized needle; **3.** Apply an antiseptic cream/solution; **4.** Do not remove the broken skin as it provides protection for the new skin underneath; **5.** Cover with a dressing; **6.** Continue hiking.

**As soon as you feel hot spots on the trail tell your instructor immediately. IT WILL GET WORSE...
GUARANTEED**