

INFORMATION SHEET



LOOKING AFTER YOUR FEET

How much energy do we need?

If you're going trekking the most important part of your body are your feet, because without them, your not going anywhere.

Boots?



Make sure the boots you have fit well and are comfortable. Try them out on a slope with the socks you intend to wear (good quality trekking socks), you should make sure that

your toe doesn't touch the front of the boot on decent, your heel doesn't rise from the footbed and you get good ankle support. Once you've got your boots, get out there and wear them in well.

Socks

Use moisture wicking socks designed for the purpose, with built in cushioning and support. You will need to keep your feet warm and dry, so take several pairs. see: <http://goo.gl/YasgE>



Training

Get out on some training walks, this will wear in your boots but it is just as important to condition your feet. It's important that the muscles, tendons and ligaments in your feet are strong enough to support you properly for long stretches of time without becoming painful.

General Footcare

Clip you toenails and once you've clipped them smooth the nail down with a file to

remove rough edges. Use talc on your feet in the morning before you put your socks on and also in the evening when you've stopped walking, this helps to keep your feet dry and comfortable. Damp feet increase the risk of blisters and even trench foot.

Resting your Feet

When you stop for a break and when you've finished walking for the day, take your socks & boots off and give your feet time to rest and breathe. Wear a pair of flip-flops or sandals in camp, take time to chill out and elevate your feet for a while, which will help to reduce swelling.

Blister Prevention

In addition to making sure your boots and socks are right for you, prepare for the worst by making sure your personal first aid kit is stocked with blister plasters such as Compeed and carry a roll of Zinc tape.



Be aware of any discomfort and sort it out as soon as you feel it. If you feel a blister coming on stop and treat it as soon as possible, otherwise walking on with blisters can be extremely painful and can even reach the stage where you feel as if you can walk no further.

When Walking

Try to focus on your foot placement especially over rocky ground to prevent twisting your foot and placing unnecessary stress on your ankle.

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