

# How to look after your feet for your expedition

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## Before your expedition

### Protect your ankles

Boots with ankle support help protect you while walking with a heavy rucksack. Look for high ankle support and high grip soles.

### Invest in good walking socks

Socks perform three functions; they cushion your feet, absorb sweat and provide insulation from the cold.

Wear the socks you will use on expedition when trying on boots to buy.

### Get the right boot for you

Finding the right boot is an essential part of preparing for your expedition. Feet are different shapes and sizes. Go in store for a free boot fitting and to try out and test your new boots on the slopes and dips.

### Break in your boots

Buy your walking boots early so you have lots of time to break them in and for best comfort on your expedition. Wear them training and walking.

## During your expedition

### Campsite footwear

Bring a pair of flip flips or lightweight sandals/trainers to wear around the campsite. It will let you air and dry your feet, socks and boots once in camp.

### How many pairs of socks?

You should carry at least one spare pair, preferably several, and ideally one set for each day.

### Double up

Liner socks are a thin sock layer. Wearing two pairs of socks (one pair of liners, one pair of outer socks) can significantly reduce friction in the boot and help prevent blisters.



### Walking boots

Leather boots are soft, durable and waterproof and highly abrasion resistant, making them long lasting. Fabric boots are lighter, cheaper and a good option if your feet are still growing.

Vango Velan Walking Boots

## After your expedition

### Clean up

After your expedition, remember to clean your boots well and let them dry naturally ready for your next walk or adventure.

### Storing your boots

Store your boots in a dry, well aired place. Wet boots left in damp rooms or in the car will make them go mouldy. If your boots are still damp, stuff them lightly with newspaper to absorb moisture.

### Wash your socks inside out

The water reinvigorates the underfoot cushioning.



### Walking socks

Walking socks are designed to minimise blisters with padding and moisture protection fabric.

Bridgedale Hike Midweight Performance Boot Socks



### Kit care

Improve the water resistance of your boots by using waterproofing products regularly. This will keep your boots strong and feet dry.

Nikwax Footwear Cleaning Gel and Fabric & Leather Proof



### Blister kit

Prevention is better than cure so put some blister plasters on where you have had blisters before or at the first sign of a hot spot.

Lifesystems Blister First Aid Kit

More advice on how to look after your feet for your expedition, as well as the official DofE Expedition Kit List, can be found at [DofE.org/shopping](http://DofE.org/shopping)

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