

## 👉 FEET AND HIKING

### Blister Prevention Essentials

Blisters are one of the most common hike-ruining problems. Here's how to stay on top of it:

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#### ✅ Before You Buy Boots:

1. **Buy your socks first** –  
Get **Injinji toe socks** (inner layer) and **wool hiking socks** (outer layer).
  2. **Take both pairs with you** when buying boots –  
Put them on when trying boots.
  3. **Buy hiking boots ONE full size larger** than all your regular shoes.  
Your feet swell with big kms and you need toe room for decent = blister prevention.
  4. **Buy boots from a specialist hiking store** that offers professional fittings.
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#### 👟 Before the Hike:

- **Train in your boots for at least 3 months**
    - 👉 Minimum 4 days per week
    - 👉 Load up terrain and distance
  - **Break them in properly** to avoid surprises on the trail.
  - **Cut your toenails short** just before the hike and grease leather boots.
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#### 💧 Daily Foot Care On Hike:

1. **Rub Vaseline or Body Glide** all over your feet **every morning** to reduce friction.
  2. **Put on Injinji toe socks** (first layer).
  3. **Then wool hiking socks** (second layer).
  4. **Use proper lacing technique** every day. Watch the video here:  
[🔗 Lacing technique video](#)
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#### ⚠️ If You Feel Even a Tiny Burn:

**STOP IMMEDIATELY.**

- **Shoes off.**
- **Apply hikers' wool or tape.**
- **Do not wait for morning tea!**
- This tiny burn is your early warning – **act NOW, or it's too late.**

🗨️ *“Don’t shut the gate after the horse has bolted.”*

Stopping early at the **slightest sensation** is **vital** for prevention.

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### 🧰 **Must-Pack Items:**

- Small tub of **Vaseline** or **Body Glide**
  - Small bundle of **hikers’ wool**
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### 🔑 **Got a blister while training?**

Follow this guide:

🔗 [Blister Treatment – Paddy Pallin](#)

