

Keep Feet Happy

Basics for Backpacking

Keep Feet Happy

Some Tips When Hiking



Dry Socks

Wrinkle Free

Streams are great to keep feet cooled and clean
Consider changing damp socks at lunch



Fit boots late in the day, after a hot active day of walking
Consider buying one size larger



Listen to your feet

Listen for the smallest sign of discomfort
Apply moleskin before it's needed

Keep Feet Happy with Training

- ▶ Training for Backpacking should be about training your whole body, including your feet.
- ▶ Train in YOUR boots.
- ▶ Increase the amount you walk. Some training ideas around San Diego are found at www.designs4wilderness.com
- ▶ Stretch daily, especially before and after walking and hiking.