

DofE expedition kit tips:

LOOK AFTER YOUR FEET

BEFORE YOUR EXPEDITION



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'll use on expedition when shopping for new boots.

Walking socks have padded sections to cushion the areas of your feet that get tired and sore when walking. Scrunch liner socks up small in your rucksack so you can wear a fresh pair of socks every day.

Bridgedale Women's Hike Midweight Merino Endurance Boot Socks
Bridgedale Coolmax Liner Socks



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 so you can test your new boots on the slopes and dips.

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

Hi-Tec Eurotrek Lite WP

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.

Break in your boots

Breaking in your walking boots will provide you with the best comfort on your expedition. Make sure to buy your boots early and wear them until they feel comfortable.



Waterproof your boots

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

Nikwax Footwear Cleaning Gel
Nikwax Fabric and Leather Proof



Blister care

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

DURING YOUR EXPEDITION

Campsite footwear

Bring a pair of sliders, flip flops or lightweight sandals to wear around the campsite. It will let you give your feet a break and allow your boots and socks to air 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

Wearing two pairs of socks, one pair of liners and one pair of outer socks can significantly reduce friction and improve moisture protection, which helps to prevent blisters.

AFTER YOUR EXPEDITION

Clean up

After your expedition, remember to clean your boots and let them dry naturally so they'll be ready for your next adventure.

Wash your socks inside out

The water invigorates the underfoot cushioning.

Storing your boots

Store your boots in a dry area with plenty of ventilation. Wet boots will quickly go mouldy. If your boots are still damp, stuff them lightly with newspaper to absorb moisture.

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/shop

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