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# 5 Tips on Selecting Winter Hiking Boots

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Jul 25, 2011 Misty Faucheux Comments



Just because spring, summer and fall are long gone doesn't mean that you have to give up your dream of summiting a particular mountain this year. Winter hiking is just as fun as summer, but it also presents its own challenges. You certainly can't go hiking in your skiies in the winter. That is unless you want to learn what it is to have frost bite on strange sections of your body.

And, just like you can't head out without the proper insulating clothing, you also need to think about the types of boots that you need. Normal hiking boots may not have the right insulation or grip for hiking on the snow and ice.

## Warm and Fuzzy

Look for a boot with some type of insulation. Usually, boots have rating for insulation. The higher the rating is the better your feet will feel. There's nothing more than cold feet, and we don't mean at a wedding. If your feet get too cold, you will be uncomfortable, and you could be exposing yourself to frost bite.

## Grip is Great

If you plan on hiking through thick snow or ice, consider purchasing hiking boot cleats. These strap over your boots, and the spikes dig into the ice and snow, keeping you upright no matter what the conditions are like. There's nothing worse that slipping and falling because your boot just didn't have enough traction.

## Wider is Better in Winter

Many hiking boots are cut narrow. This prevents you from wearing a thicker sock. Look for a boot that gives you plenty of room for thick, synthetic socks. You need to keep your feet as warm as possible. Bring your socks with you when you go to try on the boot. If necessary, get a boot that is a little larger than the size that you normally wear.

You'll be thankful for the extra room. If the hiking boot gets too tight with the socks, then you increase the chance of getting a blister.

## Waterproof All the Way

Never purchase a boot that's not water proof if you plan on doing some winter hiking. Non-waterproof boots will allow moisture to get into your shoe, wetting your socks and in turn your feet. Not only does this lead to blisters, your feet will get cold. It takes longer for water to evaporate off your skin and clothes in the winter, meaning that your feet will be wet longer than they normally would in summer.



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Gaiters are most often used by skiers, boarders and snowshoers. But, you can also use this technology, especially if you plan on going out into thick snow. The sheaths cover the bottom of your pants and the top of your boot, and they keep snow from coming into your boot from the top. These along with the right types of boots will ensure a pleasant and dry winter hiking experience.

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