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6 Ways to Avoid Blisters While Hiking

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Jul 21, 2011 Misty Fauchoux Comments



Most hiking requires that you wear sturdy shoes that, while protective against the terrain, can be tough on your feet. Like all shoes, hiking boots can cause blisters if you are not careful. These little pockets of pain can be a major damper on your hiking trip.

There is, however, one way to deal with blisters: Never get them in the first place! Take the proper steps to avoid getting blisters while you are hiking.

My Old Friend

The best way to avoid blisters is to wear well worn in shoes. Not only are these bad boys comfortable, they are unlikely to cause blisters.

Sock Meet Shoe

Next, wear socks that are tried and true. Certain socks work well in certain shoes, but not in others. If you have successfully worn a particular set of socks with your hiking boots, use those same socks on the trail.

Cover It Up

If you already have a blister or hot spot area on your foot from a previous adventure, protect it from further damage. Moleskin works extremely well, and it sticks to your skin better than a band aid. You won't have to worry about the moleskin slipping off your blister while you are walking or scrambling over rocks.



Keep Sensitive Areas Under Lock and Tape

Many people get blisters in the same spot every time that they go hiking. If you are prone to this problem, then you should protect these areas beforehand. While you can get fancy athletic tape for this purpose, you can do just as well with all-purpose duct tape.

Simply wrap the area before you put on your sock. Carry some extra tape with you if you are planning a multi-day hike. When you are done hiking for the day, immediately remove the tape. You don't want to leave the tape on when you're done hiking since this could also cause sore spots.

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Taking Care on the Trail

If your feet are getting really sweaty, then it's time to stop and dry them out. Sweat often causes blisters. Remove your socks, and change into a new pair if you have a set handy. If not, pour some foot powder into the sock to keep your feet dry.

When You Can't Avoid the Rub

Sometimes, despite your best efforts, you still develop a blister. In this case, you need to immediately take care of the problem. Resist the urge to pop it since it could cause an infection.

Instead, soak your foot in cold water. This will alleviate some of the pain. Dry your foot, and avoid putting on a boot for a while if possible. If not, grab your moleskin, and apply it to the affected area.

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Asdrubal Perez · Colegio Nueva Granada
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Giro Snow Helmets

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