

BLISTERS



Prevention:

- Hiking Boots** ~ Properly Styled, Fitted, Broken In & Laced Tight
- Hiking Socks** ~ Style That Wicks Away Moisture:
- Single Hi Tech Sock: Wigwam, SmartWool, Thorlo, etc.
 - Inner Polypropylene Liner Sock + Wool Outer Sock
 - Never, Never, Never Cotton Athletic Sock !!!
- Hiking Feet** ~ Shake down hikes with boots, socks & pack (load it up!)
- ~ Keep Feet Clean & Dry: talc, baby / foot powder, deodorant, gortex or waterproofed boots covered with gators if rain / wet
- ~ Toe Nails Trimmed !!!
- ~ Stop if wet, sweaty & sore: dry/air out feet, powder & dry socks.
If definite Hot Spot: Leukotape P, mole skin or compete pad

★ see <http://www.rei.com/> and go to “expert advise” for tips on Hiking Boots & Socks

Hiking 1st Aid Kit: in a 1 qt freezer zip lock bag & including, in order of importance

1. Ace Bandage (w/ threaded needle stuck in it like a pin cushion)
2. Mole Skin - or - Compete Pad
3. Soap, knife/scissor, lighter/matches, baby powder (in 1st Aid or toiletry Kit)
4. Leukotape P Sports tape - much better than 1st Aid tape for taping feet
5. Gauze and/or Gauze Pads & Band-Aids - a few of each in variety of sizes
6. 1st Aid Cream or other topical disinfectant
7. Sun Screen, Chap Stick, Tweezer
8. Survival Gear: water purifying tablets, lighter/matches, fire starter, whistle, mirror, space blanket, power bar, clothes pins

1st Aid:

- ~ Clean & Dry area of blister or hot spot (red sore area soon to be blister)
- ~ Cut Donut shaped piece of moleskin with center hole slightly bigger than blister
- ~ Peel Adhesive & place over blister/hot spot - make sure it stays in place
- ~ Clean Sock (if blister popped, apply disinfectant)
- ~ Do Not pop blister (infection!!!) unless you know that it is going to pop as hike
- ~ If pop: heat needle & drain (better than ragged tear), dry, place donut & disinfectant