

BLISTER PREVENTION

Buy Big Boots / Shoes

Your feet expand when you walk just as they do when you fly and they'll start to rub if your shoes are too tight. Buy up to a full size larger. It is quite a personal thing, but it is easier to add an extra pair of socks if they feel too big, than to expand a tight boot that won't stretch. If they feel too loose when tested in the shop, try a thicker, or additional, pair of socks before even thinking of going down half a size.

Wear Two Pairs of Socks

It is best to wear thin socks with thicker socks on top. The outer socks will rub and not your feet. You can also buy socks which have 'Teflon' or other synthetic lubricant woven into the fabric, or ones made from natural fibres such as Merino wool, which contain natural lubricant in the form of lanolin. Whatever kind you wear, be sure to remove any wrinkles when putting them on.

Add Protection

If you're prone to blisters then protect the area(s) before you boot up.

Wrap lamb's wool around your toes inside your socks. It reduces friction due to the natural lanolin in the wool and you will reduce the chance of blisters.

You can also tape likely to be affected areas with Hypafix (Fixomull), a medical tape which is used in operating theatres to dress wounds and is also effective in blister prevention.

Always carry some Compeed blister plasters, which are by far the best, in case protection doesn't work.

Keep Feet Dry

Moisture wicking socks are a good start, as well as keeping your feet out of streams and rivers. Sprinkling talcum powder into your socks can also help.

If you slip off a stepping stone crossing water it's a good idea to change your socks, so always carry spares. They don't weigh anything you will notice.

Toughen Up

The more you walk, the more your feet will get used to it. If you're planning any extended (e.g a Club Holiday), do a series of day walks beforehand. Your feet toughen up and so will you!

Moisturise your hard feet to prevent them cracking.

Reduce any swelling by taking your boots off occasionally and putting your feet up!

Enjoy looking at the sky and watching the clouds go by. Look around you and appreciate how lucky you are to be alive and simply able to be there, when many others can't.

Keep Irritants Out

It goes without saying that if you keep foreign materials out your shoes, there will be less to rub.

HOT SPOT TREATMENT

Even if you've never heard the expression before, you know what a 'hotspot' is don't you? The important thing is not to wait. As soon as you feel something, stop and deal with it straight away. Here's what you can do :

Lubricate

The very best preventative / remedy is lamb's wool which contains natural lanolin as a lubricant.

Adding a lubricant (e.g Vaseline) to your feet in specific areas will help prevent a mild hotspot turning in to a painful blister. However, it can attract dirt and aid rubbing if you use too much, so beware.

Other lubricants are also available, of which some are specifically for hikers and runners.

Protect

See Add Protection notes herein and if you really want to be sure use Compeed blister plasters, which come in a range of sizes.

BLISTER FIRST AID

Sometimes it just happens, despite your best efforts, so here's what to do :

Protection

Use Compeed blister plasters. They will come off of their own accord when ready, so never attempt to pull them off.

Generally refer to Add Protection notes herein.

Don't burst them!

Bursting them will slow the healing process. The skin over the top prevents infection from getting in. Most blisters will heal in three to seven days, so all you have to do is make it home and take it easy for a while.

If blisters turn yellow or green, visit your local Clinic or Doctor immediately.

NOTE :

Lamb's wool is available on Amazon (Search for Chiropody Lambs Wool).

Hypafix and Compeed are available on www.vivomed.com/es as well as from most pharmacies.

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