



## Hiking BOOTS!!!

Most important bit of gear – get your boot right and life is a comfy place to be.

Remember – there are no trendy hiking boots, so you might as well get ones that fit.

They don't have to be expensive:

Under size 5 they can be £9.99 – see here:

[http://www.decathlon.co.uk/forclaz-50-junior-hiking-boots-beige-green-id\\_8206392.html](http://www.decathlon.co.uk/forclaz-50-junior-hiking-boots-beige-green-id_8206392.html)

£24.99 for adult sizes from the same place.

**Cotswold** are the DofE partners and do a 15% discount on production of your DofE card and every store has a proper fitting service:

<http://www.dofe.org/go/cotswoldoutdoor/>

### What do you need?

- Lace up
- Solid enough
- Water proof
- Ankle support
- Eye locks at the top
- Breathable? - maybe

### How to test them?

The best time to try on boots is probably in the afternoon; this is the time between your feet being slightly smaller than normal and a bit swollen and larger as the day goes on. Your left and right foot will almost certainly be a slightly different size, so it's best to try both boots on; and always go for boots that fit your largest foot.

Ideally, you should try boots on with the type of socks you usually wear when walking. If you're buying boots for the first time, try them with a pair of medium thick walking socks. If you prefer walking with a thin sock and a thick one over the top then take them along to the shop. You need to wear whatever socks are comfortable for you, as long as they're good quality and fit well. Same applies if you need insoles or heel lifts– don't forget them



## **How should they feel?**

To fit them – you want them wide enough across your toes, with around a thumbs width in front of the toes. When done up, your heel shouldn't lift, and the little toe should neither be crushed nor rub. GET HELP – everybody who sells hiking boots has somebody there who knows how they should work.

**WEAR THEM IN!!!**

No kidding, wear them around the house for an hour at a time at first:

– this builds up the heat of your feet naturally as they would when you're out walking.

Climb the stairs in them to mimic uphill and downhill.

Do the hoovering in them to get your feet moving and twisting.

Walk on different indoor surfaces and check for any signs of discomfort, rubbing or tightness.

Wear them at different times, because your feet swell the longer they're in them

## **How to tie them?**

There are a hundred videos on the web – youtube is bursting with them so look 'em up – some are just plain weird!

Everybody is different, but a couple of basic rules:

Tight enough to give you support

Use the ankle supports, you can turn an ankle on a flat road and wearing a pack just adds damage if you do

Loose enough around the foot to allow it to swell a little.

If your toes or foot starts to tingle, stop and re-lace, loosen off a little from the bottom up.

## **WHY do you need to know all this?**

***Because the first walk is in four weeks time!!***

So we want you to go and get your boots, wear them in and wear them to the remaining DofE sessions please!

So – dig your boots out – go get, borrow, earn (!) some and let's get ready!