

FOOT CARE PACKING LIST

For Your Next MultiDay Hike

PROTECT YOUR SKIN

- ✓ Island dressings of several shapes/sizes (all-purpose blister dressing)
- ✓ Hydrocolloid dressings - several shapes / sizes (for deroofted blisters)
- ✓ Flexible Tape eg: Fixomull Stretch (to fix dressings / paddings and protect skin)
- ✓ Rigid Tape eg: Moleskin or Leukoplast (to protect skin)
- ✓ Adhesive-enhancer (to prolong adhesion in wet conditions)

INFECTION CONTROL

- ✓ Gloves (to prevent the spread of infection)
- ✓ Antibacterial hand gel (to clean hands before handling broken skin and equipment)
- ✓ Antiseptic / antibiotic (to prevent and fight infection)
- ✓ Cotton tip applicators (to apply antiseptic / antibiotic and clean interdigital spaces)
- ✓ Cotton wool or gauze (to clean skin and soak up blister fluid)

SHARPS

- ✓ Hypodermic needles (for drilling toenails & lancing blisters)
- ✓ Scalpel blades (for lancing blisters)
- ✓ Scissors (for cutting tapes, dressings and toenails)
- ✓ Emery board (for filing nails and callouses)

PRESSURE MANAGEMENT

- ✓ Gel toe protectors (to cushion uninjured skin)
- ✓ Semi-compressed felt (for making donut pads)
- ✓ Poron for general cushioning (to cushion edge blisters)

FRICTION MANAGEMENT

- ✓ Engo blister patches (for long-lasting lowering of friction levels anywhere on the shoe or insole)
- ✓ Lubricant (to lower friction levels between toes and in cases of waterlogged shoes / socks)
- ✓ Friction-relief powder (alternative to greasy lubricant)

OTHER GEAR

- ✓ Gaiters (to keep foreign material out of your shoes and socks)
- ✓ Several pairs of moisture-wicking socks (to keep feet as dry as possible)
- ✓ Shoes to wear in your downtime (that will allow feet to dry and cope with swelling)



Need A Ready-Made Blister Kit?
Take a look at what's inside our **ULTRA Blister Kit**

[>> CLICK HERE <<](#)

