

Expedition Footwear

Footwear is one of the most important kit considerations for your expedition section. Your footwear must be sturdy and comfortable, with ankle support with laces up the front to the top. Below are examples of suitable footwear.



Ankle Support

Boots with **ankle support** reduce the risk of strains and sprains and other ankle injuries, especially over uneven ground and steep ascents and descents.

Participants **MUST** wear a pair of boots that provide ankle support for the expedition. Walking trainers or fashion boots, such as Dr Martens, simply do not give the correct level of support, and participants are therefore not permitted to wear these on expedition. Examples of these are below.



Sturdy Sole

Boots with **ankle support** and a **sturdy sole**, such as a Vibram sole, are essential for walking long distances with a heavy rucksack. Your feet and ankles may not be used to the additional weight of carrying all of your kit, or the uneven terrain you may experience on expedition. Soles designed for walking boots work much better if the ground is wet and muddy, as their profile will reduce the risk of slipping. They'll also have extra grip on rocky terrain, which again is very important to reduce the risk of slips, trips or falls.

Ahead of the expedition

Wearing your boots in ahead of your expedition is essential. Getting your boots in plenty of time before your expedition will allow you to do this. Wearing new boots for your expedition can lead to blisters and an overall painful experience.

Types of Boots

Fabric boots are lighter and can be cheaper, and can be best if you're still growing. **Leather boots** can be more expensive, but they'll last longer if you plan on using them frequently.

Important! If you do not have a pair of walking boots, you will not be allowed to take part.