



How to buy Hiking/Tramping Boots

www.outsidesports.co.nz

An essential element of any hike is your foot comfort. Whether you plan to take an afternoon hike down a local trail or a multi day hike down the Routeburn, Milford or Kepler, Outside Sports has a hiking boot for your adventure.

Fit: The Important Factor

How a boot fits is without question the most important factor of boot selection. A good fit correctly addresses the 3 aspects of your foot:

- **Length:** Toes should wiggle easily inside the footwear.
- **Width:** Feet should not slide around inside footwear; nor should they be compressed from side to side creating "hot-spots"
- **Volume:** The "bulk" of your foot should fit securely inside a boot

Matching the volume of a boot to your foot is the most critical part of getting a good fit. It has everything to do with controlling heel slip (blisters) and toe bang on downhill hiking (black toenails).



Fit Guideline:

- Your heels should stay in place as you walk uphill.
- Your feet should not slide forward as you walk downhill.
- You should not be able to feel your toes hitting the end of the toebox.
- You want just enough room to be able to wiggle your toes.

If, however, a boot feels like a winner, take it home and wear it around the clean confines of your home's interior for several hours. If the boot still feels comfortable, you've made a good choice. That's the goal: to find boots that fit like a dream.

Types of Hiking/Tramping Boots

The first thing to determine when choosing hiking boots is the kind of activity it will be used for. Hikers who spend a few hours on a well-packed track will need a less complex boot than a backpacker on a 7 day hike.

▪ Light Hiking Boots

- Light hiking boots are geared towards novice to intermediate hikers, those that attend 1- to 2-day hikes and carry a light backpack with only essential supplies. These boots are generally lightweight and flexible with limited support.

▪ Technical Hiking Boots

- Technical hiking boots are geared towards the more experienced hiker who attends multi-day hiking trips over various terrains and who carries a heavy-weight backpack containing supplies for the length of the trip



Breaking in Your Hiking / Tramping Boots

The key to breaking in new hiking boots is to take things slowly. Remember -- your feet aren't as tough as your new boots, so if you rush things, your feet are likely to pay the price.

Different boots will require different amounts of break-in time. Lightweight models may feel perfect right out of the box, while heavier models may require weeks to soften up and form to your feet.

No such thing as a “quick fix”

There is no fast and easy method when it comes to breaking in new hiking boots. To do a good job, you have to put in the time. So set the time aside and come in Outside Sports and see us before you need them.

When to Replace Your Footwear

If you're exercising in shoes that have passed their prime, it might be time to drop in Outside Sports.

You can harm your feet, and possibly other areas of your body, if you continue to wear shoes that no longer offer the support they once did.



Make Your Shoes Last Longer

Here are some tips for increasing your shoes' life span.

Rotate Two Pairs of Shoes

It's a good idea to have two or three pairs of hiking or running footwear that you can alternate. You'll find they'll last much longer in the long run.

Use Them Just for Exercise

Wearing your exercise shoes around the house or around town will wear them down more quickly. Save your hiking or running footwear for exercise.



If this is too much to soak in and you just want to enjoy your adventure come in and let us do the hard work