

The Right Place, the Right Time and the Right Footwear!



At the Gym or Meeting Hall



- Indoor shoes are a must! Without a proper grip on the gym floor, you're at risk of serious injury - you could wind up with a concussion or a broken bone. Ouch!

Tip for Scouters: Before your next meeting, send a friendly reminder to parents to ensure their children have proper indoor footwear – not just winter boots!

On a Hike

- A good pair of hiking boots can't be beat! Hiking boots provide added protection and support against rolled ankles, stubbed toes and punctures – all of which have happened to Scouting youth in the last year!
- Be prepared with some Moleskin™ in your first aid kit for treating blisters. Nail clippers can come in handy, too.



At Camp



- A good pair of camp shoes, like clogs, will give your feet a break. Let your feet air out, treat them to some foot powder!) and avoid getting sidelined with blisters, athlete's foot or bunions.

*** Don't forget to change back into your boots before chopping wood!**



Winter Activities

- It may sound obvious, but winter can get cold and wet. Without proper insulated winter boots, you increase the risk of slips and falls, as well as frostbite.



It's All about the Socks!



For any activity, socks have three important roles:

1. Cushion feet and absorb some of the shocks from walking
2. Wick sweat and keep feet dry
3. Provide warmth and comfort

Cotton socks are a poor choice in winter – they absorb water and leave your feet cold and wet. Wool socks will do a better job of keeping your feet warm and dry.