



HOW TO CHOOSE A HIKING BOOT



8 Points to consider when purchasing a hiking shoe or boot

1. Work out what you are wanting your new shoe to do. That is, what is the purpose of regular walks in your local bushland area. Is it for hike training or do you have a long distance hike planned?
2. Decide whether you want a boot or a shoe. A shoe may be lighter and offer more flexibility. A boot will give you better ankle support, especially when carrying a heavier pack.
3. Go to a store or many. Ask questions and try on as many shoes as possible. Do your research.



4. If you wear orthotics, then take them with you. A good store will let you insert them into the footwear.

5. Make sure that there is extra room at the front of the boot. Your foot will move forward going downhill. Feet will also swell.

6. Ask if you can buy them and take them home. Some stores will let you try them out at home (after purchase of course). Wearing them inside will give you a good feel. You will know if they aren't right.

7. Remember to get good socks to go with them.

8. We recommend shoes with laces - they are easier to fix on the trail vs some of the fancier styles of laces on the market. Oh and always have a spare pair with you.

We'd love to hear your thoughts! Please contact us at info@womensfitnessadventures.com if you have questions!