

CHECKLIST FOR CHOOSING THE RIGHT HIKING SOCKS



- Ensure they are fit for purpose i.e for hiking, running, walking etc.
- Know your feet - hot, sensitive, sweaty etc.
- Look for fit, cushioning, length, L&R
- Look for conditions - ie waterproof, light, knee high



The Hiking Sock

Firstly know your feet!

Sensitive? Sweaty? Cold?

and then look for socks that fit this category.

Buy one pair of socks and trial them.

There are many different technical fabrics that are blended for different purposes - Merino wool, nylon and spandex are the common types

You may need different socks for different weather conditions with varying thicknesses

An easy guideline when buying socks is:

- Look for left and right foot as they have been knitted to fit your foot without creasing.
- Ensure they are **fit for purpose**. Buy to fit your foot snugly with the heel cup cushioning the heel.

Cotton sport socks are not suitable for hiking as when they get wet they lose their shape and stay wet and cold.