



Our course areas are rugged and require boots that are appropriate to the demands of the terrain and carrying an expedition backpack. For most students, boots are a significant investment. Good boots that fit your feet will make your course safer and more enjoyable, and last you for many years. Follow these guidelines to ensure a good fit and help simplify your shopping. At the bottom are some suggested makes and models currently available. Please call your Course Advisor at 855-802-0307 if you have any questions, or to ask about a specific model.

BOOT FITTING & SOCKS

It's best to do your boot shopping in the afternoon because feet typically swell in the afternoon, and this will affect the fit. You should start with at least two or three possible boot options in order to find a good fit. Put your first choice on one foot and the second on the other. Lace the boots up fully with the socks that you plan to wear - one pair of lightweight liner socks under heavy outer socks (see general clothing list for more detail). Start by standing on a downward slanting incline and try to jam your toes to the front of the boot. Next, take a walk around the store.

- Your toes should never bump up against the front of your boot.
- Your heel may slip a little in the back of the boot usually 1/8" to 1/4". Any more than 1/4" is too much.
- Your boots should feel comfortable with plenty of room to wiggle your toes at the front of the boot.
- There should be no obvious pressure points.

Though your boots should feel comfortable, heavy and medium weight backpacking boots will feel much stiffer than you are used to. If you are not sure you've found a good fit, ask the salesperson if you can wear them around the house (not outside) for a few hours and bring them back if there is a problem.

BOOT CARE

Break in your boots well before the course begins!!! Wear them around town, to school and at home, as much as possible (several weeks). This simple activity cannot be over-emphasized and will be one of the easiest and most important steps in preparing for a successful and comfortable wilderness adventure. Even though the boots may be advertised as waterproof, they will need additional treatment.

Waterproof your boots with NIKWAX, Scarpa Cream, NaturSeal or similar product, following the manufacturer's instructions. Rub in sealer well on all leather surfaces and stitching. Let boots dry naturally. NEVER HEAT YOUR BOOTS IN OVENS OR NEAR FIRES OR HEATERS! Heat may permanently damage your boots' leather, stitching, and adhesives.

FEATURES TO LOOK FOR

Backpacking boots are usually in the category described as "medium-weight" hiking boots, backpacking boots or mountaineering boots. These boots have shock-absorbing composite rubber soles, innovative injection molded mid sole/shanks/plates and soft yet supportive leather uppers. Most are relatively lightweight, comfortable, supportive, and weatherproof and require only a moderate break-in period. Medium-weight boots are offered in a wide variety of brands. **FULL GRAIN LEATHER or NUBUCK, VIBRAM (OR SIMILAR) SOLE REQUIRED. NO JUNGLE/WORK BOOTS.**



SUGGESTED MODELS

On the following list you will find a list of boots appropriate for your course and most commonly available. However, you may well find a model not listed that fulfills all requirements model names and designs change quickly. We do not recommend any particular boot. This list is intended only as a guide for the type of boots suitable for courses that include a backpacking expedition. Make sure you take this list with you to give your salesperson an idea of what's required, and if you have any questions, give us a call.

Brand	Model (s)
Asolo	Tribe GV Tribe GV -Woman Fission GV Fission GV -Woman
Garmont	Rambler GTX Sentinel GTX
La Sportiva	Thunder GTX FC Eco GTX FC 3.2 GTX Womens
L.L.Bean	Cresta Hikers
Merrell	Phaser Peak Waterproof Boots Moab Peak Ventilator Waterproof Sawtooth
Scarpa	Terra GTX Kailash GTX Mistral GTX
Solomon	Quest 4D
Vasque	Summit GTX St Elias GTX SundownerGTX
Zamberlain	Skill Gt
Oboz	Bridger Mid BDry Wind River II BDry
Keene	Durand MID WP Liberty Ridge