

## OVERVIEW

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

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 ¼" 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.

## 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:

- soft, yet supportive, leather uppers (must be FULL GRAIN LEATHER or NUBUCK);
- shock-absorbing composite rubber soles (must be VIBRAM (OR SIMILAR) SOLE);
- innovative injection molded mid sole/shanks/plates.

NO JUNGLE/WORK BOOTS – they are simply not suited to the rigors of course.

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.

## SUGGESTED MODELS

On the following page you will find a list of suggested boot models and styles. We do not recommend any particular boot over any other - this list is intended only as a guide for the type of most commonly available boots appropriate for your course, or for backpacking expeditions in general. You may well find a model that fulfills all requirements in another brand or style that is not listed here. That is fine as long as it fits the features and boot-fitting guidelines listed above.

Model names and designs change quickly and by the year. 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.

## SUGGESTED MODELS, CNTD...

### FOR BACKPACKING EXPEDITIONS (HNYF/HNTF/HWTT/HWYT courses)

<b>Brand</b>	<b>Model (s)</b>	<b>Brand</b>	<b>Model (s)</b>
Asolo	ATLANTIS GTX -WOMAN	Solomon	Quest 4D
	Fission GV -Woman	Vasque	Summit GTX
	Fission GV		St Elias GTX
	Avalon GTX		SundownerGTX
	FSN 95 GTX		Breeze III
Garmont	Rambler GTX	Zamberlain	Voiz
La Sportiva	Thunder GTX	Oboz	Bridger Mid BDry
	FC Eco GTX		Wind River II BDry
	FC 3.2 GTX Womens	Keene	Durand MID WP
L.L.Bean	Cresta Hikers		Voyager
Merrell	Phaserbound		Pyrenees
	Moab Peak Ventilator Waterproof		
Scarpa	Revolution		
	Zodiac		
	Terra GTX		
	Kailash GTX		
	Mistral GTX		

### FOR SHORTER HIKING EXPEDITIONS, INCLUDING HNXG/HNMB:

<b>Brand</b>	<b>Model (s)</b>
Salomon	Ultra
	Oboz
	Sawtooth
KEEN	Aphlex / Targhee
Merrell	Moab
North Face	Hedgehog
Vasque	Mantra

## BOOT CARE

Break in your boots well before the course begins!!! Wear them around town, to school and at home, as much as possible for 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.