

## Choosing the Best Footwear

No other piece of equipment can affect your Oxfam Trailwalker experience as much as your footwear. With comfortable footwear you'll eat up those 100km but in ill fitting or inappropriate footwear you can be painfully aware of every step you take.

You'll need a good pair of well broken in hiking shoes, boots or trail running shoes that are lightweight, breathable and with a grippy and durable sole. The trails used for the Oxfam Trailwalker events can be quite challenging under foot in some sections, and you may prefer more rigid support and ankle protection to tackle the terrain. Your choice of footwear will depend on how you plan to pace the event (run or walk) and if you have any recurring injuries that you need to consider such as weak ankles or knees. Some participants prefer boots for the rougher sections or for the night walk and switch between them and their favourite trail shoes. Get out on the event trails early in your training to decide what footwear will best work for you.

Listen to the Paddy Pallin Oxfam Trailwalker [Podcast Series Episode 4](#) for more advice from experienced Oxfam Trailwalker Toby Cogley on footwear and sock selection, and blister management.

In brief, here are the key feet and footwear management tips:

1. Test out your footwear on your training walks to find the most comfortable and suitable option and to discover your hot spots (friction points) in each pair.
2. Socks, not to be underestimated, will make all the difference to happy feet – they must fit very well on your feet and within your shoes. Test them out during your training walks.  
[Learn more on choosing socks – click here.](#)
3. Trekking poles are an excellent addition to help stabilise and reduce the impact of each step you take. Consider taking them with for all or part of the way, or leave with your support crew in case there's a recurring or unforeseen injury. They could get you across the finish line!  
[Learn more on the benefits of trekking poles – click here.](#)
4. Leave a spare pair of footwear with your support crew to give your hot spots or blisters the opportunity to recover. Different footwear usually has a different fit and will take the pressure of the troublesome area.
5. Socks are the same; leave plenty of fresh pairs with your support crew.
6. Stop Press! Do not wear new footwear for the event. Your footwear must be broken in.

Footwear is a very personal decision so try out a few pairs of footwear in store and socks during your training to find your best match.

[Shop Men's Footwear – click here](#)

[Shop Women's Footwear – click here](#)

[Shop Socks – click here](#)

Come and visit Paddy Pallin at the Preparation Nights or anytime for a personal fitting and to get all your gear questions answered by the experts. For other gear advice and checklists go to Paddy Pallin's [Oxfam Trailwalker page or find your local Paddy Pallin store – click here.](#)