

# Troop 22 - Boots

**SUGGESTIONS ON BUYING HIKING BOOTS** With the variety of prices and styles it is difficult to know what kind of boots to buy. Here are suggestions on what we consider to be important for Fall and Spring camping.

- 1) **STIFF HEEL COUNTER** - The heel counter is a band, usually of plastic that connects the sole to the upper part of the shoe at the heel. It is the single most important item on a boot that will help protect against a sprained ankle.
- 2) **TRACTION** - The soles must have good traction to help prevent slipping and falling. Vibram is good, but other cleat type soles also work well.
- 3) **ABOVE THE ANKLE** - Buy hiking boots that at least come up to your ankle. The boot should also be snug at this point.
- 4) **FITTING** - It is important to not only try on both boots before buying, but to do so with the socks in which you intend to hike\_ One pair of heavy ThorloB type or Polypropelene-wool-nylon blend or thin polypropelene with a heavy wool outer sock.
- 5) **WEIGHT** - we recommend lighter weight boots for Fall and Spring. All leather boots are extremely heavy by today's standards and don't offer many advantages.
- 6) **WATERPROOF** - Leather boots are impossible to keep watertight. Nylon-leather boots that have a gortex liner keep out water, but are expensive. Nylon-leather boots without gortex can be treated with a silicon spray for pretty effective waterproofing. Rubber boots are waterproof, but when hiking you sweat to death\_