Orientation Enemy #1—“BLISTERS”

Feet from Prior Cadets – who were not as ready as you will be!!

BLISTERS: come from: rubbing, heat, and sweating

Once they start, every step hurts!!—PREVENTION, PREVENTION, PREVENTION...

SUMMARY - BLISTER DEFENSES !!

- well fitting, broken-in sneakers.
- wicking, low friction fabric socks & underwear (not 100% cotton)
- gold bond or other drying powders
- early application of band aids or mole/tough skin/second skin
- lubricant-like Vaseline or bacitracin

DEFENSES:

1) Socks (reduce rubbing and moisture)
   - this is critical—wicking fabric like coolmax, thermolite (avoid 100%cotton)
   - softest part of sock to foot (sometimes that’s inside out on new socks)
   - wear thin socks under regular sock—rubbing then between 2 socks not skin
   - no old/worn out socks
   - keep feet dry—use drying powder in socks like Gold Bond, change socks

   (remember white socks will be worn up; strong enough to hold gear in them)

2) Shoes (reduce rubbing and moisture)
   - avoid new sneakers—they can rub---should be broken in 1-2 weeks
   - breathable shoes-lots of fabric / mesh (must be mostly white)
   - fit well and tie laces snug—not tight/loose
- able to wiggle toes, ½ inch from longest toe to sneaker tip, no slipping in heel

3) **Lubricant and Skin Protection (reduce rubbing)**
   - Vaseline or bacitracin in between toes, heel, base of toes, any “hot spots”
   - Blister band-aid, mole skin, spenco 2nd skin, even duct tape immediately (or ahead of time) to any area where pain is starting

   **If you don’t stop the rubbing on that skin right away you get a blister!**

   - apply skin toughener or tape or band aids at the start of each day
   - avoid foot moisturizer creams (they soften the skin)