

TIPS FOR BUYING TRAVEL SHOES

TIPS FOR CITY SHOES

- ☐ Choose a breathable material such as leather or shoes that have a mesh area.
- ☐ Choose shoes with thick yet flexible soles to help with shock absorption on hard pavements.
- ☐ If you want to wear ballet flats, choose ones with a thick sole and straps that attach the shoe firmly to your feet.
- ☐ Wear small socks to prevent rubbing. Bring enough pairs so that you can wash them in the bathroom with soap and wear a new pair each day.
- ☐ Supportive boots such as Tevas are great for city travel. They look stylish yet are supportive and practical.

TIPS FOR BEACH SHOES

- ☐ Choose a sandal made of plastic or robust material as leather can stretch, crack and lose its shape when exposed.
- ☐ Choose a thick sole to minimise the amount of sand that goes under your feet when walking on the beach.
- ☐ Make sure your feet are completely dry and sand free before putting on your enclosed shoes after the beach.

TIPS FOR HIKING SHOES

- ☐ Make sure the soles are near 100% ridged to prevent injuries to the foot.
- ☐ Ankle boots prevent your ankle twisting on uneven ground.
- ☐ Buy shoes at least half a size bigger than your regular shoes to give it space when walking downhill and to avoid toe injuries.
- ☐ Choose breathable fabric or leather.
- ☐ Wear the shoes for a minimum of three weeks before your trip to let the shoes adjust slightly to the unique shape of your feet.
- ☐ Wear sock liners under socks to prevent rubbing and to wipe the sweat away from your feet.

TIPS FOR BACKPACKING SHOES

- ☐ The soles of the shoes should bend slightly. They are not supportive if they fold back on themselves.
- ☐ Waterproof shoes with breathable mesh are best.
- ☐ Don't get leather sandals wet. The material can stretch when wet and will crack when it dries in the sun. Sandals made with plastic are best if your feet wet frequently.
- ☐ Wear silver socks with enclosed footwear. The silver nanoparticles kill harmful bacteria and fungi, preventing fungal infections and keeping the feet healthy and odourless.
- ☐ Bring a pair of fold up ballet flats for evening wear. They don't take up much room and are an ideal emergency pair of shoes.