

BLISTER SISTER

COASTREK TRAINING E-BOOK
BY WILD WOMEN ON TOP



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Blisters are one of the main reasons people withdraw from Coastrek. A lot can be done to prevent blisters, so pay attention...



BLISTER PREVENTION

Please take the time to read the following information carefully. Having Happy Feet during Coastrek will make it much more fun!

What causes blisters?

Blisters are caused by friction, which is caused by moisture. They are more common in heat, rain and over long distance.

If you get blisters, you will be at best uncomfortable, at worst miserable. In fact, blisters can ruin your entire trek or even cause you to withdraw when the rest of your body is feeling fantastic!

Try these proven Wild Women On Top techniques to help you prevent blisters. Note: You must practice them in training to ensure success.

Get the right shoes:

We recommend trail runners or runners for Coastrek. They are cooler, more flexible and less prone to creating hot spots. They are also lighter with better shock absorption than boots. However they don't provide as much ankle support so if you have weak ankles or prior ankle injuries, try high cut trail runners and/or seek professional advice.

Pre tape known hot spots:

Using a qualified Physiotherapist or Podiatrist. Don't try taping for the first time on event day. Taping experts can either teach you how to tape your feet or do it for you a day before the event for about \$20-\$40. Make sure you use a hypoallergenic brand of tape such as Fixomul or Hypafix. These are gentle on your skin and stretch to allow movement.



BLISTER PREVENTION

Petroleum jelly

Smother your feet in pawpaw ointment or petroleum Jelly every four hours to reduce the friction from socks rubbing against skin when you sweat. We know it sounds disgusting and the first time you do it, you will go “eww”! But it works. Use great globs of it and wipe the surplus inside your socks before you put them on.

Please note: This has been known to cause blisters in some people, so make sure you PRACTICE in training to work out the best way to treat your feet!

Foot Fleece

Try foot fleece inside your socks. Place a walnut sized ball of foot fleece on the potential blister sight and carefully place your sock over it, taking care to ensure that it remains in the right spot. Over time, the lanolin in the wool will cause the fleece to become a frictionless part of your sock.

Moisturise

In the three weeks leading up to your hike, moisturise your feet twice a day so that the skin is elastic and flexible, then maintain with daily application of a natural moisturiser.

Wear in your shoes

Wear in your runners, trail runners or boots thoroughly in Coastrek training. Don't wear new shoes for the event.

Try sock liners

Try high quality thin sock liners which can reduce the friction between sock and skin.

Wear good, clean socks

Use high-quality, clean socks and change them every four hours during Coastrek.



BLISTER PREVENTION

Know your feet:

Coastrek training in your runners or trail runners will help you identify where hot spots are likely to occur. Cover these areas with blister pads or tape before you trek.

Keep feet dry at all costs:

If you take your shoes off to walk along the sand, make sure they are clean and dry before you put your shoes back on. You can use some talcum powder to help remove small grains of sand from your feet. If your shoes get wet, get your support team to bring you a spare pair as soon as possible to avoid blisters.

Ensure your socks fit perfectly:

If they are too big they will develop folds which cause blisters. If they are too small, they can put pressure on your toe nails and cause you to lose them! If you feel sand or dirt, prickles or a fold in your sock, stop and remove it

straight away.

Hot spots are worth stopping for:

If you feel a hot spot, stop and tape it with Fixomul or use pawpaw ointment or foot fleece it. Alternatively, ask your support team to bring a spare pair of runners/boots to change into.

Wear cuffs or gaiters:

These are an awesome way to prevent little bits of dirt or sand getting into your shoes.

No pedi, no problem:

Don't even THINK about having a pedicure just before Coastrek. Pedicures remove several layers of skin and leave sensitive layers exposed, increasing your chances of really bad blisters.



BLISTER PREVENTION

Keep your toenails short:

And we mean short! Clip them so that no nail sticks out over the end of your toes, or you'll end up losing nails.

Practice makes perfect:

Make sure you do at least one really long training session in the full sun so that you can test out how your feet will respond to these conditions in advance, and practice caring for them.

Orthotic with care:

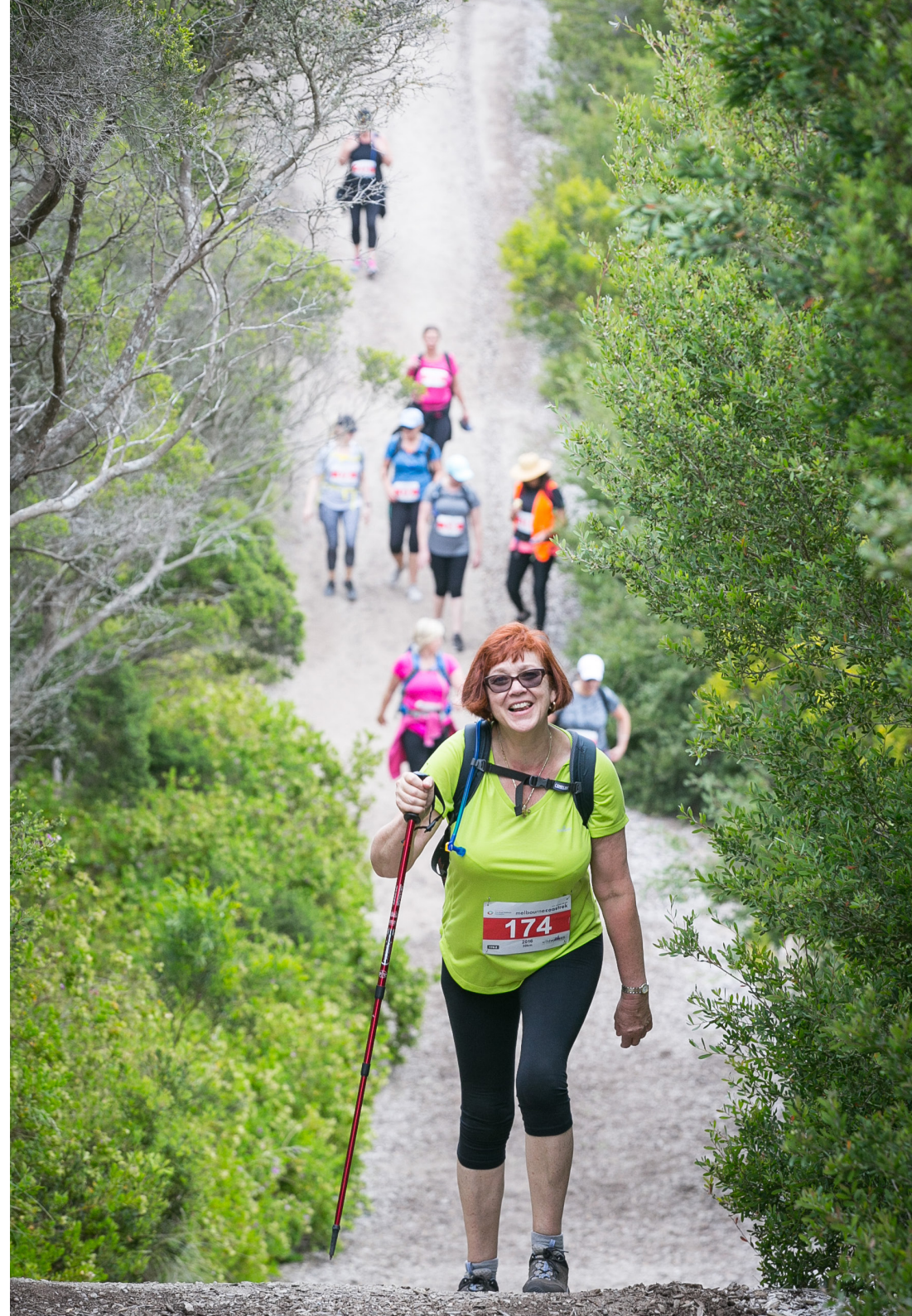
Please ensure you check with your Podiatrist if you wear orthotics. Your feet change over time, during pregnancy and weight gain. Also some foot problems are self-correcting. The wrong orthotics can cause blisters and other injuries.

Make sure you check out the *OMG What Should I Wear E-book* for more information on footwear and shoes.



BLISTER CARE

1. At the first sign of chafing or a hot spot, do the following:
2. Stop and cover the area with Fixomul, a blister dressing, Moleskin or an adhesive plaster. If the area is greasy with pawpaw, wipe thoroughly to remove all residue or the dressing won't stick.
3. Ensure that use a good sized piece of tape, because if you don't, the tape will roll and peel off and you'll end up with another rubbing spot and more problems. Band-Aids just won't cut it for blisters.
4. Change footwear.
5. Change socks regularly (every four hours)
6. Re-smother with Paw Paw ointment or apply new foot fleece.
7. Runners have more cushioning than boots or trail runners. Experiment in training, remembering that there are several hard footpath and road sections on Coastrek.
8. Experiment with different socks. Thicker socks provide more cushioning, but are hotter, so work out what's best for you.
9. Take note where the seams are in the toe area of the sock as this can be another source of friction / pressure.
10. Experiment with 'party feet' for additional cushioning and to take the pressure off those sore and tired spots.
11. If the blister has a small visible bubble, use some blister padding (available from the chemist). Tape it to the area with the blister in the centre to take pressure off the area.
12. If the blister has developed into a large fluid-filled bubble: Prick with a sterile needle, empty the fluid, clean with antiseptic wipe or tea tree oil and protect as above.
13. Consult the nearest First Aid station for assistance during the event.
14. **DO NOT REMOVE THE SKIN UNDER ANY CIRCUMSTANCES!** This is both protective and clean and if you take good care of the area, it might re-attach.



BODY BLISTERS

Blisters aren't always on your feet. You can get chafing and blisters in lots of other places during Coastrek, most commonly the inner thighs, under the breasts from rubbing bras and on the shoulders from rubbing packs!

Try the following methods to reduce friction, chafing and blisters:

Lubricate

Put pawpaw ointment or petroleum jelly in any area that rubbing occurs. This includes underarms, nipples, inner thighs, and sometimes even between your bum cheeks! You might also experience chafing from your pack or bra straps. Have your lubricant handy just in case and apply at the first notice of discomfort.

Get the right gear

Correct clothing can also prevent chafing. Bike shorts are popular for this reason. Training in the right undies is also important. Ensure you have undies with flat seams. Ensure you choose garments made from wicking fabrics

that draw sweat away from the body.

Practice

Your longer training walks are more about practicing technique than building fitness. Make sure you do a long walk in the gear you intend on trekking in, to smooth out any issues!



