

WHAT DO I WEAR ON MY FEET IN THE DESERT?

Our recommendation is:

BOOTS + TREKKING SANDALS + BARE FEET (optional flip flops for evenings and down time)

And here's why....

Our feet are all different in terms of shape, how they react to heat and how prone they are to blisters, which comes back to shape and fit. With no single solution 'that suits all', it is better to adopt a variable approach so you have the ability to change footwear as and when you need to. The priority is to avoid blisters.

The desert terrain will offer you some small pebble sections (usually early and late stages) where the pebbles can be very annoying if you wear sandals to knee deep soft sand when barefoot is ideal. Flip flops work well in the evening to allow your feet to breath and you may even find yourself wearing the fashion faux pas of socks & sandals!

Below is a breakdown of footwear types.



Conventional walking boots, preferably waterproof, can be used again in the future. There are many on the market and we strongly recommend trying several pairs to find the best fit. Always seek advice in store on the best fit and work on a shoe size larger than your normal shoes.

High military style 'desert boots' are probably the best sand solution as they are a purpose made boot. They tend to be soft and non leather so feet won't overheat. Sand can still get everywhere but this will be reduced significantly.



Don't discount your old faithful walking boots. Comfort is one of the biggest keys to avoiding blisters and even though your boots may be old, they are probably well worn in and combined with alternative footwear, they may suffice.

The Tiva or Merrell type sandal is a good form of alternative footwear as the sand tends to flow through these. There are many types available but look for adjustable toe and foot straps as the more adjustment you have, the more comfortable you can make them.



FOOTWEAR TO AVOID



Avoid heavy leather walking boots as you will find these too hot for the desert. The excess heat and sweating can cause unnecessary blisters even if they have never given you a problem before.



Avoid boots with lots of open mesh as the sand can fill the outer skin and alter the shape. This can cause discomfort and potentially blisters. Some mesh is inevitable but it does allow the feet to breath.



Trail, approach shoes and trainers are too low on the ankle in the sand and you will spend a huge amount of time emptying the sand from them as you walk. They also offer little ankle support for the rougher sections.