

Jamboree Foot Care - 2010

Getting you and your feet ready for Jamboree

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During the last National Jamboree in 2005, many Scouts and staff suffered foot problems. Most of these problems could have been prevented by some basic preparation and prevention. The *Boy Scout Handbook* and many other Scouting publications (Philmont handouts, hiking magazines, etc) are excellent sources of information. The following is to teach you how to avoid foot problems and what to do when a problem occurs.

Buying New Shoes or Boots

Plan to buy shoes or boots that you will be wearing while doing a lot of walking. If you have experienced shoes or boots that are in good shape and give you no problems on long walks or hikes, these should do well. If not, you need to purchase a new pair as early as possible to "break" them in.

Tips for Buying and Fitting New Shoes

- Have your feet measured. This should be done by an experienced fitter at an outfitter or running shoe store.
- Measure both feet and fit the larger one.
- Measure feet at the end of the day.
- Select shoes by how they fit and feel on your feet, not by the size.
- While being fitted, wear the socks you will be wearing at Jamboree.
- Do not buy shoes that feel too tight and expect them to stretch.
- Buy shoes that feel good while you are walking.
- Remember – you get what you pay for.
- Now take your new shoes/boots and wear them as much as possible to allow your feet to become accustomed to the shoes and to “break in” the shoes. **Do not bring new shoes and expect to break them in at Jamboree.**

Care of Shoes / Boots

- Make sure new shoes are broken in well.
- Walk or hike in your new shoes as much as possible.
- Waterproof if possible.
- Keep your shoes dry.

Socks and Sock Liners

Official Boy Scout socks are required at Jamboree. The newer model socks are made of high tech synthetic materials, nylon and wool blends. They are designed to protect and cushion your feet and “wick away” moisture. Older 100% cotton socks are not recommended. They tend to stay wet and create more friction. If cotton socks are all you have consider sock liners. Sock liners are worn under cotton

socks. They are usually made of blends of polypropylene (Polypro), wool and silk. They wick away moisture from the skin while reducing friction and help prevent blisters. Sock liners can be purchased at most outfitters and sporting goods stores. Wash and wear all your socks and sock liners before coming to Jamboree.

Preparing You and Your Feet For Jamboree

- Get in shape. Walk daily in your shoes/boots you plan to wear at Jamboree. You can expect to walk 5 or more miles daily at Jamboree in extreme weather conditions (very hot and humid).
- Attend to pre-existing medical conditions. This is extremely important to all Scouts and staff members. Participants with diabetes, peripheral neuropathy (numb feet) and poor circulation should see their doctor or podiatrist before going Jamboree. The extent of activity may be more than you can handle. If you have a chronic foot condition or deformity you may require special shoes or insoles for shoes, Your doctor or podiatrist may recommend you have prescription insoles to protect your feet.
- If you are prone to blisters you may toughen up the skin by rubbing with tincture of benzoin weeks before Jamboree. Benzoin can be purchased at most drug stores.
- If you have excess callous or corns, have these treated to prevent cracking of skin, pain, and infection. Remove callous with a skin file or pumice stone and treat hard areas with skin-softening lotions or cream (Urea 20%-40%). If you are unable to resolve these problems, visit your doctor or podiatrist prior to Jamboree.
- Treat and resolve all athlete's foot fungal infections. This will only worsen and cause more problems at Jamboree. Your doctor or podiatrist can prescribe an anti-fungal lotion that will resolve most infection in a few weeks.
- Check and trim your toenails prior to Jamboree. **Do not cut into corners.** **Do file any sharp edges.** If you have a problem nail (i.e. ingrown border or ingrown toenail) attend to it immediately. It will most likely get worse at Jamboree if you do not attend to it.
- If you have parts of your feet that are known to develop blisters quickly, be prepared to treat and cover hot spots yourself. **Bring your own moleskin / molefoam supply to the Jamboree.**
- Wash and dry your feet daily. Keep them clean and dry. Be prepared and capable to wash and dry your feet daily at Jamboree.
- Never go without shoes in camp. **Always wear shoes to prevent injury.** Sandals, flip-flops, or other open-toed shoes are only allowed in the showers.

Preventing and Treating Foot Injuries

- Blisters are the most common foot problems at Jamboree. Blisters can be avoided by proper preparation, proper fitting shoes, socks that wick away moisture, proper foot hygiene and early identification and treatment of hot spots.
- Blisters are caused by a combination of heat and moisture. Heat is caused by friction between your skin and shoes. Sand and debris can also get into your socks and irritate the skin. Moist or wet feet come from sweat and water. This makes the skin softer and more susceptible to friction.
- Blister prevention: control the friction that causes them. Keep your feet cool, dry and free of sand. Properly fit shoes that are broken in and moisture wicking socks are a must. Talc or powder applied to the insides of your socks and feet will help absorb moisture. For those participants with excessive sweaty feet, topical antiperspirant such as Dry Sol and Certain Dri can be greatly beneficial. These are aluminum chloride products and can be obtained at most drug stores. Dry your feet and change socks if they get wet.
- Early detection and treatment of hot spots can prevent a more serious blister. Immediately upon feeling a hot spot, stop and treat it. Participants should carry a small foot care kit. It should contain lubricant or powder, moleskin and alcohol wipes to clean the skin. Tincture of benzoin wipes or skin adherent (pre-tape) will help the moleskin stay in place. For a small fluid-filled blister, apply a doughnut shaped piece of moleskin and cover with more moleskin as suggested in the *Boy Scout Handbook*. Larger fluid-filled blisters may need to be drained. This can be done by piercing the blister with a sterile needle. Pierce from the side close to the base of the blister and let the liquid flow out. Do not remove the overlying skin.
- Most small blisters or hot spots can be treated by the participant or with the troop first aid kit. Troops should come to Jamboree with supplies needed to treat these problems (moleskin, small scissors, first aid cream, alcohol, powder etc.)
- Remember to plan ahead – prevent foot problems before they start.
 1. Wear well broken in shoes.
 2. Wear wicking socks and liners.
 3. Keep your feet and shoes dry.
 4. Early treatment of hot-spots and blisters is a must.