



## Which Shoes to bring for Camp

At Somerset you will be walking over ground that is uneven and often rocky and leafy. Many programmes will head off on a bushwalk or expedition and many of the activities, such as abseiling, are nestled in bushland and use the features of the natural environment.

Therefore, comfort, support and grip are essential in the shoes that you need to bring to camp.

Please see the notes below to gain a few pointers on which are the best type of shoes to bring for your camp at Somerset.

### Camp shoes

- Hiking shoes or boots are best as they provide ankle and arch support and have good grip.
- Sneakers are fine as long as they are runners or cross trainers not basketball shoes or other flat-soled sneakers.
- Street shoes, like Volleys, Rabens, Tigers and Vans etc, are not suitable as they have little to no grip, are not shaped to your foot and are most often flat soled.
- Shoes are likely to be exposed to harsh or dirty wear – please bring older shoes or ones that you don't mind spoiling.
- Bring thick, comfortable, sports-style socks as this helps in the prevention of rubbing and blisters. Ankle socks are too small.
- Bring a pair of shoes that you have worn in. Brand new boots or sneakers will rub and cause blisters.

### Shoes for water, wet and / or muddy activities

- 'Aqua' shoes are best as they are flexible, lightweight and dry relatively easily
- Rabens, Crocs or similar shoes are fine.
- Thongs are not suitable as they are not enclosed – (thongs may be brought for use in the shower)
- Shoes are likely to be exposed to harsh or dirty wear – please bring older shoes or ones that you don't mind spoiling.



No Volleys, Rabens or other canvas or flat-soled shoes



Sturdy, Comfortable and Supportive with Good Grip



Water Shoes

