

FOOT CARE

Jamboree is a time when your feet will really get a good workout. It is essential that you take care of your feet and that starts prior to your leaving for the big event. Consider the following in advance of your departure and while at the Jamboree.

New boots? Start breaking them in well in advance of departing for Jamboree. New boots are often stiff and may cause blisters.

Pack some moleskin in your daypack just in case you get a "hot spot" while walking. This may help prevent a nasty blister if you use the moleskin early enough.

Change your socks daily – and, wash them! Clean socks help keep bacteria down in those hot boots or shoes.

Try to keep your feet dry. Wet boots and feet can lead to blisters when the two are combined.

Cut your toe nails days before you leave. This will give your toes time to recover from the cutting and if there is a problem, medical attention can be given.

Cutting toenails while at Jamboree should be done using extra care so as to not cut them too short. Cutting them too short may lead to bleeding and infection or ingrown nails.

Finally, if you get a blister, seek medical attention quickly. Tell a leader and we will help you.