



HIKING FOOTWEAR OPTIONS

HIKING SANDALS



More tame terrain including muddy, flat trails, slow-moving water. Well-maintained trails without rocky surfaces. Hiking in mild climates (no extreme temperatures). Dry quicker than other footwear. Does not cross the ankle. Foot and toes are partially or fully exposed.

TRAIL SHOES



Well-maintained terrain in milder climates. Lighter weight than hiking boots. Does not cross the ankle. More foot protection than hiking sandals. Improved traction on more rugged terrain and increased durability. Some experienced hikers forgo the increased durability and protection of a boot for this option.

HIKING BOOTS



Durable and thick rubber sole, reinforced toe cap and a cuff that laces up and over the ankle. More supportive and protective especially at the foot and ankle. Well-insulated and keep your feet warm and dry. Heavier and less breathable. More restricted ankle motion.

OTHER (BACKPACKING BOOTS, MOUNTAINEERING BOOTS)



Best reserved for high-level, experienced hiking on rugged terrain and traveling up to a summit using additional equipment. You will not need or benefit from this level of footwear during a standard or multi-day hike.