



MyFootDr.

Healthy feet. Better lives.

HIKING BOOT REVIEW 2018

A podiatrists review of hiking boots to help have healthy feet and better hikes.

About this guide

Healthy feet. Better hikes!

Hiking is a great workout for your mind, body and soul. When you're exploring the great outdoors the last thing you want to worry about is your feet. For you to enjoy your hikes you need to wear the right hiking boots for your feet.

Selecting the right hiking boots can help to ensure you're not only comfortable, but to reduce the risk of developing or exacerbating injuries.

At My FootDr, we want to help prevent all those frustrating problems and injuries people experience with incorrect fitting or unsuitable hiking boots. To help you find the right boot for your feet we have compared the most popular podiatry approved hiking boot styles from leading brands to help you decide on what's the best fit for you.


If you have any questions about your hiking boots or need help deciding on the right fit, get in touch with your local My FootDr podiatry clinic.

Book an appointment with your local podiatrist today




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Men's Hiking Footwear Range

Brand	Name	Features	Outsole / Tread	Weight	Image
Keen	Oakridge Mid WP	<ul style="list-style-type: none"> -Waterproof -Hydrophobic mesh lining for breath-ability -Removable metatomical EVA foot bed -Stability shank -Leather and mesh upper -Provides cushioning -Wide fit - Orthotic friendly 	<ul style="list-style-type: none"> -4mm multi directional lugs -Non-marking rubber outsole 	0.940 kg	
Salomon	Ultra Mid 2 GTX	<ul style="list-style-type: none"> -Ground: Firm or soft surfaces -Multi stud configuration provides a balanced feel underfoot with superior grip on pitch - Orthotic friendly 	<ul style="list-style-type: none"> -Rubber outsole -High Traction Contagrip sole 	0.880 kg	
Keen	Gypsum II WP	<ul style="list-style-type: none"> --Waterproof and breathable -Wide fit -Removable metatomical dual density EVA foot bed -Stability shank -Heel support structure -Leather upper - Orthotic friendly 	<ul style="list-style-type: none"> -4mm multi directional lugs -Non-marking rubber outsole 	1.08 kg	
Merrell	Moab 2 GTX Leather Mid	<ul style="list-style-type: none"> -Leather reinforced waterproof and breathable mesh upper -Air cushioning with compression moulded EVA for shock absorption -Removable anatomical foot bed -Synthetic leather and mesh upper -Protective rubber toe cap - Orthotic friendly 	<ul style="list-style-type: none"> -5mm lug depth -Rubber sole 	0.810 kg	

Women's Hiking Footwear Range

Brand	Name	Features	Outsole / Tread	Weight	Image
Keen	Gypsum II WP	<ul style="list-style-type: none"> -Waterproof -Breathable -Removable metatomical dual density EVA foot bed -Stability shank -Heel support structure - Orthotic friendly 	<ul style="list-style-type: none"> -4mm multi directional lugs -Non-marking rubber outsole 	0.929 kg	
Salomon	Ultra Mid 2 GTX	<ul style="list-style-type: none"> -Waterproof -Breathable -Protective rubber toe cap -Suede leather and nylon upper -Removable EVA shaped foot bed - Orthotic friendly 	<ul style="list-style-type: none"> -Rubber sole -High Traction Contagrip sole 	0.880 kg	
Merrell	Moab 2 Mid GTX	<ul style="list-style-type: none"> -Waterproof membrane -Breathable -Air cushioning with compression moulded EVA for shock absorption -Removable anatomical foot bed -Synthetic leather and mesh upper -Protective rubber toe cap - Orthotic friendly 	<ul style="list-style-type: none"> -5mm lug depth -Rubber outsole 	0.810 kg	
Columbia	Newton Ridge Plus	<ul style="list-style-type: none"> -Waterproof and stain resistant -Breathable -PU coated leather and mesh upper -Techlite midsoles provide cushioning and shock absorption -Wide fit - Orthotic friendly 	<ul style="list-style-type: none"> - Omni-Grip outsole with multi direction treads -Non-marking rubber outsole 	0.920 kg	

Children's Hiking Footwear Range

Brand	Name	Features	Image
Merrell	Hilltop Mid WP	<ul style="list-style-type: none"> - Waterproof -Breathable mesh lining -Lightweight - Alternative closure system for easy on/off adjustability -EVA removable foot bed -Suede and mesh upper - Orthotic friendly 	
Keen	Oakridge Mid WP	<ul style="list-style-type: none"> -Waterproof and breathable -Padded collar for comfit -Secure fit lace capture system -Removable metatomeical EVA moulded foot bed -Wide fit - Orthotic friendly 	
HI-TEC	Altitude Lite Mid WP	<ul style="list-style-type: none"> -Waterproof membrane -Breathable -Air cushioning with compression moulded EVA for shock absorption -Removable anatomical foot bed -Synthetic leather and mesh upper -Protective rubber toe cap - Orthotic friendly 	

Tips and advice

Most common injuries caused by incorrect footwear:

We want to be sure you have the correct fitting footwear for all your hiking adventures for a variety of different terrains, while ensuring your feet are protected and comfortable.

Some of the most common injuries people experience when hiking includes blisters, corns, callus and tinea or experience injuries of the foot, ankle and lower leg.

Therefore, correctly fitted footwear is extremely important in reducing the risk of developing or aggravating injuries.

How to ensure your hiking boots are correctly fitted:

1. Try on the boots prior to purchasing them to ensure comfort
2. Take your orthotics with you when trying on your boots as they may affect fit and comfort
3. Make sure you walk around in the boots for at least five minutes to ensure no pain or discomfort
4. Try on the boots with the socks that you typically wear for your hiking
5. Make sure there is one thumb width from the longest toe when standing
6. Shop for your hiking boots at the end of the day to allow the boots to accommodate for swelling
7. Make sure that the boots only bend at the toe area and not through the middle of the shoe
8. Make sure there is a firm heel counter (test by squeezing the back of the heel)

Need advice? Book a biomechanical assessment including video gait analysis and foot health check to avoid pain and improve your overall wellbeing!

Private health insurance rebates may apply.

Book an appointment today

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