

6 SCENARIOS

Good and Bad Choices to Reduce Friction Levels

VERY WET / RIVER-CROSSINGS

YES	NO
Lubricant Socks (any) Powders *	Engo patches Wool

best choice = Armaskin

ALREADY TIGHT IN TOEBOX

YES	NO
Engo patches	Double socks, especially toe socks Wool (if bulk required)

DUSTY / SANDY TERRAIN

YES	NO
Socks (any) Powders Engo patches (except around mesh uppers)	Lubricants

CANT CARRY SUPPLIES

YES	NO
Engo patches Wool Socks (any)	Lubricant Powder } if duration is longer than 90 mins

ALREADY HAVE A BLISTER WITH AN ISLAND DRESSING ON IT

YES	NO
Wool Engo patches Socks (any)	Lubricant Powders *

DONT HAVE TIME TO STOP

YES	NO
Engo patches	Lubricants Powders } if duration is longer than 90 mins

* I do rely on 2Toms BlisterShield powder during blister treatment in wet conditions when Engo patches are out of the equation and the athlete doesn't have Armaskin double socks. I rub powder into the non-adhesive island region (outside). This way it shouldn't adversely affect the adhesive and hopefully stay in place.

bonusTip

Need friction reduction all over?
Long term? Go for Armaskin socks (except interdigital blisters)