

Get On Your Feet- Walking Tips For Hot Weather

Written by Arizona Foothills Magazine

Sunday, 14 June 2015 08:23 -



Whether you live in the desert, or someplace a little less arid, summer walking comes with a few extra important steps when it comes to safety. Walking is a great way to become one with nature, it's a great way to get the physical activity you need to be healthy and fit, and it's a great way to just get out of the house.

However, walking isn't always a safe trip and it isn't always a good thing to do. In the summer heat it can sometimes be dangerous to go walking at all. If you aren't sure, keep reading for tips on when to walk and how to ensure your safety while you are out.

Watch The Temperature

Check the weather and the temperature before you head out for your walk. If the temps are high stay home. Make a plan to walk first thing in the morning or last thing in the evening, when the weather is at its coolest.

Not matter what the temperature is outside, make sure that you tell someone where you are going for your walk and how long you plan to be out. Then check in with them when you get back. The heat isn't the only danger outside, and it helps to have someone that know where you're at that can get help if you don't come home in a timely manner.

Take Water With You

Water does more than just keep you from getting dehydrated. Water [helps lubricate your muscles](#) so that you can move more freely. It also helps keep your blood pumping.

You can purchase a refillable water bottle to take with you and simply get a small back pack to take with you that has a pocket for your water bottle. If you don't take water with you, you run the risk of not just suffering dehydration, but also heat stroke and possibly death.

Wear The Right Socks And Shoes

If you are going for a walk you will need a good pair of walking shoes, with comfortable cushioning. If you plan to run or jog it helps to have a pair of shoes that are specifically made for that purpose. In addition, if you plan to go hiking you may want invest in some hiking shoes/boots that are specifically made to protect your feet in rougher terrains.

Socks are also important, since just your general run-of-the-mill socks can cause blisters and more. Instead, look into [Therafirm](#) compression socks, which help keep your feet cool and comfortable while increasing blood circulation.

Don't Overdo It

Lastly, don't overdo your walking. Even if you feel like you have the energy to stay out longer than you originally planned, head in. Especially if you told someone you'd be home at a specific time. You don't want to make people worry about you for no reason.

You also want to make sure that if it gets hotter out than expected you end your walk early so that you can avoid heat exhaustion.

One more safety thing that you may want to [take is a small first aid kit](#) that will fit in your pack. Take some sunscreen for reapplication when you start to sweat, a snake bite kits, some allergy cream in case of contact dermatitis, and some mole skin in case you do start to get any blisters.