



How to use BlisterGuard® Yarns

BlisterGuard yarns provide exceptional foot comfort as well as resistance to chafing and blistering. The yarns reduce friction between the sock and the wearer, the primary cause of blisters and chafing, especially important during intense activity.

Note: In order to realize the full benefits of BlisterGuard yarns, it is important to use them properly.

There are two important factors to maximizing the performance of BlisterGuard yarns: where they are used in the sock and how many are used. Here is how to make sure you get the maximum benefit.

1. Knit BlisterGuard yarns into the heel and toe only. These are the two areas where most fric-

tion between sock and foot occur (especially in activities such as tennis, jogging, etc.). Important: If the yarns are knit into the entire sock bottom, they can cause a slip hazard for the wearer.

It is equally important in multi-layered socks to make sure that the BlisterGuard yarns are knit into the layer that comes into contact with the foot.

2. The amount of BlisterGuard yarn to use in your sock depends on the construction of the sock itself and the level of performance desired. Most customers knit between 3 and 6 grams into the heel and toe of each sock.

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