



Blistered feet are one of a soldier's worst enemies, especially in a combat zone.

Military socks made with low-friction BlisterGuard® yarns reduce blistering on stressful US Army Infantry training march

Blistering feet have long been a problem for soldiers on the march (as well as many high-performance athletes). Socks that rub and irritate feet over protracted periods generate heat as they abrade the skin.

That's why BlisterGuard was developed.

How does it work? Yarns are treated with BlisterGuard, then woven into the heel and toe of socks. Since BlisterGuard yarns are low in friction, they reduce both the abrading and the heat build-up, helping prevent blisters in the process.

Recently, a group of US Army Infantrymen tested socks with BlisterGuard yarns while on a 5-mile training march. Each soldier wore a sock with BlisterGuard yarn on one foot, and a sock without BlisterGuard on the other, not knowing which sock was which (we did, which is why the socks are named in parentheses in the quotes that follow).

The test took place on a windy, 52°F day at Fort Dix in New Jersey. Soldiers hiked up a steep gravel path for over 2 hours, carrying 60-lb packs.

Despite the rough, rocky terrain, many of them were impressed by the lack of chafing, irritation and blistering on the foot wearing the BlisterGuard

sock. Below are some of their comments.

"My foot (without BlisterGuard) sustained a blister on my heel. Foot with (BlisterGuard) sock had no blistering." Staff Sergeant

"Foot with (BlisterGuard) sock felt slicker, smoother, more comfortable." Private First Class

"Pinky toe blistered (without BlisterGuard) sock. (BlisterGuard) sock had no issues at all." Sergeant

"Foot with (BlisterGuard) sock was smoother and felt more comfortable." Lieutenant

"My boot (without BlisterGuard yarn in the sock) rubbed my foot more. (BlisterGuard) sock performed better overall." Private Second Class.

BlisterGuard can be used to treat many yarns, such as nylon, polyester and cotton. No matter what the activity, socks made with low-friction BlisterGuard yarns help insure a more comfortable, blister-free event.

For more information, a free sample of socks made with BlisterGuard yarns, or a free sample of BlisterGuard yarn you can knit into your own socks, contact us at sales@whitfordww.com or visit our website at whitfordww.com.



from

Whitford

Where good ideas come to the surface

© Whitford 2016