

Barry's Gear list, 25F-90F weather, 3 days, 7 meals  
ever changing and updated 5/26/14

**BIG 4 (tent, bag, backpack, pad)**

ITEM	DESCRIPTION	MODEL	cost	Web Site	WEIGHT (oz)	lbs	
1	BACKPACK	Gossamer Gear Murrur w/ GG sitpad frame	\$85	<a href="http://gossamergear.com/packs/backpacks/murrur-hyperlight-backpack.html">http://gossamergear.com/packs/backpacks/murrur-hyperlight-backpack.html</a>	9		
2	Tent	ZPacks™ "Hexamid" Solo Tent (original 1st year)	\$259	<a href="http://www.zpacks.com/shelter/hexamid.shtml">http://www.zpacks.com/shelter/hexamid.shtml</a>	8		
3	ground cloth	polycro (also buy at walmart)	\$6	<a href="http://gossamergear.com/shelters/shelter-accessories/polycro-ground-cloth-medium.html">http://gossamergear.com/shelters/shelter-accessories/polycro-ground-cloth-medium.html</a>	1.5		
4	10 ti stakes	Ti Hook Stakes, 7"	\$20	<a href="http://lawsonequipment.com/All-Products/Ti-Hook-Stakes-p883.html">http://lawsonequipment.com/All-Products/Ti-Hook-Stakes-p883.html</a>	2.5		
5	quilt	Zpacks™ 20F Quilt (prototype, reg, med)	\$275	<a href="http://www.zpacks.com/quilts/sleepingbag.shtml">http://www.zpacks.com/quilts/sleepingbag.shtml</a>	16.4		
6	pad	Neocair small (47x20) (I have the older rectangle version)	\$110	<a href="http://www.campmor.com/outdoor/gear/Product_40055">http://www.campmor.com/outdoor/gear/Product_40055</a>	9.1		
7	pad	Thinlight	\$10	<a href="http://gossamergear.com/sleeping/thinlight-insulation-pads.html">http://gossamergear.com/sleeping/thinlight-insulation-pads.html</a>	2.5		
8	pillow	(dual tube blow-up type from BPL; with straw)	\$13	<a href="http://www.backpackinglight.com/cgi-bin/backpackinglight/flexair_dual_ultralight_pillow">http://www.backpackinglight.com/cgi-bin/backpackinglight/flexair_dual_ultralight_pillow</a>	1		
<b>KITCHEN</b>					<b>Sub Total =</b>	<b>50</b>	<b>3.13</b>
1	Kitchen	soda stove, wind screen, pot stand, Titan Kettle, matches, dry cloth	\$40	<a href="http://i.imgur.com/ukXNPvM.jpg">http://i.imgur.com/ukXNPvM.jpg</a>	6.1		
2	32fl oz bladder	Nalgene Wide-Mouth Canteen 32oz	\$9.25	<a href="http://www.rei.com/product/670588/nalgene-wide-mouth-canteen-32-fl-oz">http://www.rei.com/product/670588/nalgene-wide-mouth-canteen-32-fl-oz</a>	2		
3	2 bottles 20oz	regular water bottles, 0.5oz each	0		1.6		
4	Alcy container	0.5L Platy bottle (If gone for more than 4-man days, I'll bring another bottle)	\$8		0.7		
5	Ti spoon	long handle	\$9.95	<a href="http://www.rei.com/product/745318">http://www.rei.com/product/745318</a>	0.4		
6	Steripen	Opti; Weight includes batteries. Never a problem.	\$80	<a href="http://www.rei.com/product/799003/steripen-adventurer-opti-water-purifier">http://www.rei.com/product/799003/steripen-adventurer-opti-water-purifier</a>	3.6		
7	backup tablets	10 tablets (get these great tasting tabs at Walmart)	\$5	<a href="http://www.rei.com/product/695229/katadyn-micropur-purification-tablets-package-of-30">http://www.rei.com/product/695229/katadyn-micropur-purification-tablets-package-of-30</a>	0.1		
<b>CLOTHES- PACKED</b>					<b>Sub Total =</b>	<b>14.5</b>	<b>0.91</b>
1	jacket	Montbell Thermawrap action	\$110	<a href="http://www.gearzone.com/Montbell-Thermawrap-Action-Jacket-p/165-15709.htm">http://www.gearzone.com/Montbell-Thermawrap-Action-Jacket-p/165-15709.htm</a>	10		
2	wind jacket	Marmot (similar to Trail Wind Hooded Jacket. I use this more often for a pillow and don't bring the above pillow. When used over the Thermawrap I can sit and stay warm at 20F with my longjohns on)	\$75	<a href="http://www.backcountry.com/marmot-trail-wind-hooded-jacket-mens">http://www.backcountry.com/marmot-trail-wind-hooded-jacket-mens</a>	3.5		
3	down booties	Western Mountaineering (loosen sandal straps when wearing. Used on cold nights or hiking in 20s weather)	\$25	<a href="http://www.westernmountaineering.com/index.cfm?section=products&amp;page=Down-Gar">http://www.westernmountaineering.com/index.cfm?section=products&amp;page=Down-Gar</a>	3		
4	Sock, wool, blk	Fox River	\$8		2.7		
5	Sock, Cool Max, blk	JCPenney	\$8		2		
6	Long Underwear top & bottom	Terramur top & bottom. Can use as pajamas.	\$8	<a href="http://www.campmor.com/outdoor/gear/Product_75186">http://www.campmor.com/outdoor/gear/Product_75186</a>	7.8		
7	wind pants	great help on cold windy days with including long underwear on.	\$65	<a href="http://www.montbell.us/products/disp.php?cat_id=63&amp;p_id=2305123">http://www.montbell.us/products/disp.php?cat_id=63&amp;p_id=2305123</a>	2.4		
8	Balaclava	Silk weight polyester	\$8		1.2		
9	Gloves, wind block	Manzella Silkweight WindStopper Gloves - Men's	\$30	<a href="http://www.rei.com/product/766531/manzella-silkweight-windstopper-gloves-mens">http://www.rei.com/product/766531/manzella-silkweight-windstopper-gloves-mens</a>	1.8		
10	Mittens, pullover	(no name brand, fleece lining)	\$10		2.8		
<b>TOILETRIES</b>					<b>Sub Total =</b>	<b>37.2</b>	<b>2.33</b>
1	hand sanitizer	coleman spray stick	\$5	<a href="http://www.amazon.com/WPC-Brands-Coleman-Sanitizer-GoReady/dp/B002036E5G">http://www.amazon.com/WPC-Brands-Coleman-Sanitizer-GoReady/dp/B002036E5G</a>	0.8		
2	TP	Charmin or cut shop towels	\$0		2		
3	Trowel	MB stainless steel, 1mm thick	\$8	<a href="http://www.montbell.us/products/disp.php?p_id=1124258">http://www.montbell.us/products/disp.php?p_id=1124258</a>	1.4		
4	brush ups	slow process but works to clean teeth, use 1/day. They're getting harder to find	\$2	<a href="http://dentistry.about.com/od/dentalproducts/a/brushups.htm">http://dentistry.about.com/od/dentalproducts/a/brushups.htm</a>	0.1		
5	gum	Extra Polar Ice (just a few pieces)	\$1		0.3		
6	chapstick	(I used to get it from GG but now get it from dentist; very small)	\$1		0.1		
7	bug spray	25-40% DEET; gives same result as 100% DEET which is too oily and kills nylon anyway. Also all my clothes are presprayed with Permethrin so not much spray is needed.	\$2	<a href="http://www.repel.com/Products-and-Solutions/SportsmenMax/Pump-Pen.aspx">http://www.repel.com/Products-and-Solutions/SportsmenMax/Pump-Pen.aspx</a>	1		
8	lozenge	(different brands for different moods)	\$1		0.5		
9	sun screen	(small pump bottle found at Walmart)	\$3		1		
10	ear plugs		\$1		0.1		
11	comb		\$1		0.5		
<b>WILDERNESS STUFF</b>					<b>Sub Total =</b>	<b>7.8</b>	<b>0.49</b>
1	GPS	Garmin Etrex H, weight includes 2 AA lithium	\$75	<a href="http://www.walmart.com/ip/Garmin-eTrex-H-Handheld-GPS-Navigator/6015179">http://www.walmart.com/ip/Garmin-eTrex-H-Handheld-GPS-Navigator/6015179</a>	6.5		
2	map	(typically 3 USGS printed out 11x17" maps w/ UTM coordinates stuffed in a 1 Gal Ziploc)	\$0		2		
3	compass	(Silva or Brunton)	\$10		1.6		
4	Headlamp	ZebraLight H51, weight includes AA lithium (I have the older version but showing newer link)	\$64	<a href="http://www.zebralight.com">http://www.zebralight.com</a>	2.0		
5	knife	Swiss #54091; scissors, blade, screw driver, file, pen, tweezers	\$18	<a href="http://www.opticsplanet.net/victorinox-signature-swiss-army-knife.html">http://www.opticsplanet.net/victorinox-signature-swiss-army-knife.html</a>	0.7		
6	First Aid Kit	ITEM / SKU: FAO-112 (been using this brand for 10 years). Replace items when used.	\$3	<a href="http://www.first-aid-product.com/consumer/fao112.htm">http://www.first-aid-product.com/consumer/fao112.htm</a>	3		
7	rope	Ironwire for bear-bagging, 50ft	\$12	<a href="http://lawsonequipment.com/All-Products/Dyneema-IronWire-p514.html">http://lawsonequipment.com/All-Products/Dyneema-IronWire-p514.html</a>	1.2		
8	carabiner	for PCT bear bagging, mini	\$1	(find at Walmart)	0.1		
9	whistle	howler	\$5	<a href="http://www.amazon.com/Adventure-Medical-Kits-Rescue-Whistles/dp/B004M7U1ME">http://www.amazon.com/Adventure-Medical-Kits-Rescue-Whistles/dp/B004M7U1ME</a>	0.5		
10	Tape	Tenacious Tape, for quick & lasting repairs	\$5	<a href="http://www.rei.com/product/783045/gear-aid-tenacious-tape-repair-tape">http://www.rei.com/product/783045/gear-aid-tenacious-tape-repair-tape</a>	0.5		
<b>Accessories</b>					<b>Sub Total =</b>	<b>18.1</b>	<b>1.13</b>
1	Kneel Pad	(cut from 1/4" CCF) My most used item!	\$0		0.5		
2	poncho	cheapo (also useful for sorting stuff out on wet ground)	\$1	<a href="http://www.coghians.com/products/emergency-poncho-9173">http://www.coghians.com/products/emergency-poncho-9173</a>	1		
3	umbrella	Golite (had to go beefier since my 5oz umbrella just couldn't handle high winds)	\$20	<a href="http://www.golite.com/Chrome-Dome-Trekking-Umbrella-P928.aspx">http://www.golite.com/Chrome-Dome-Trekking-Umbrella-P928.aspx</a>	8		
4	Camera	Sony DSC-U30, takes a lickin and keeps on tickin; weight includes 2 lithium AAA good for 500+ pictures. Stored in a sandwich ziploc bag.	\$150	<a href="http://www.steves-digicams.com/camera-reviews/sony/dsc-u30/sony-dsc-u30-review.html">http://www.steves-digicams.com/camera-reviews/sony/dsc-u30/sony-dsc-u30-review.html</a>	4.0		
5	Glasses Case	(generic plastic case)	\$5		0.9		
6	Sunglasses	magnetic clip on (came w/ my glasses), or sometimes take EYZ	\$10	<a href="http://sportevz.com/features-uses.html">http://sportevz.com/features-uses.html</a>	0.7		
7	3 safety pins	(helps on repairs)	\$0		0		
8	towel	use for drying anything, use as pillow cover, sits on the backpack pad to help pull moisture off my back.	\$12	<a href="http://www.rei.com/product/830598/packtow-original-towel">http://www.rei.com/product/830598/packtow-original-towel</a>	0.8		
9	5 grocery bags	(multiuse, keep items separated, store wet gear, spares (book bags are great), bear bag )	\$0		1		
10	ziploc bags	assortment, handy for organizing	\$0		1		
11	bread bags	(used on feet for cold days)	\$0		0.1		
12	wallet	snack ziploc with driver's license, CC, cash, car key. BTW, I give a spare care key to a fellow partner. This saved me on one trip.	\$0		2		
<b>Sub Total =</b>					<b>20</b>	<b>1.25</b>	
<b>TOTAL (no consumables; i.e. base weight) =</b>					<b>147.6</b>	<b>9.23</b>	

1	DESCRIPTION	MODEL	cost	Web Site	WEIGHT (oz)	lbs
1	Hiking Poles	LT3, 115cm (weight is for the pair)	\$110	<a href="http://gossamergear.com/trekking/trekking/lt3-trekking-pole.html">http://gossamergear.com/trekking/trekking/lt3-trekking-pole.html</a>	5.4	
2	sandals	Teva Terra Fi 3, buy on sale (Terra Fi 4 just came out)	\$55	<a href="http://www.teva.com/men-sandals/">http://www.teva.com/men-sandals/</a>	25	
4	zip off pants	REI Sahara (get on sale)	\$50	<a href="http://www.rei.com/product/794408/rei-sahara-convertible-pants-with-no-sit-zips-mens">http://www.rei.com/product/794408/rei-sahara-convertible-pants-with-no-sit-zips-mens</a>	15	
5	socks	JCPenney Coolmax. These are black crew socks (won't show the dirt as much) and I fold the ankles down to give more kush around the sandal straps.	\$3		2	
6	Button Shirt	40% cotton, 60% Poly, button down, thin (usually get at thrift store but JCPenney has some nice ones). I usually keep the shirt untucked on hot days so back sweat won't go down the gluteals.	\$5		6	
7	boxers	snug to prevent chaffing! I experiment w/ various nylon, polyester, and cotton brands (so far, partial cotton keeps the chaffing down)	\$10		1	
8	Bandana	cotton, dry off sweat or nose	\$1		0.8	
9	Hat	Wide Brim, vented sides	\$20		3	
10	Glasses	prescription	\$0		1	
<b>Total Items Worn =</b>					<b>59.2</b>	<b>3.70</b>

1	DESCRIPTION	MODEL	cost	Web Site	WEIGHT (oz)	lbs
2	water	2L (typical 0 - 2L) (container already listed above)	\$0		64	
3	alcy	1oz(mass)/meal 3 season, 2.5oz/meal winter, use Walmart brand for \$1/12floz	\$0.56		7	
4	hot meal	2 Breakfast, 2 Supper (use Walmart or REI sale), Freeze Dried (or Raman Cup or Flavored oatmeal)	\$20	<a href="http://www.rei.com/search.html?q=freeze-dried">http://www.rei.com/search.html?q=freeze-dried</a>	16	
5	snack	beef jerky, peanut M&M, homemade trail mix, pop tarts, hot chocolate, chewable vit C	\$10		56	
<b>TOTAL OUCH=</b>					<b>\$1,978</b>	
<b>Total Consumables in pack =</b>					<b>143</b>	<b>8.94</b>
<b>TOTAL NON consumables + consumables in pack =</b>					<b>290.6</b>	<b>18.16</b>
<b>Total skin out weight =</b>					<b>349.8</b>	<b>21.86</b>

updates:

- 4/15/09 original
- 7/28/09 fixed links
- 4/26/10 changed tent link from Squall Classic to zpack hexamid
- 11/16/11 reflect change of quilt and added stake weight
- 3/8/11 updated links, and completed list.
- 3/21/12 added, comb, thinlight pad, AM/FM radio, compass, hand sanitizer, sun screen, whistle, ear plugs, added more 'headings'
- 3/30/12 added a page on why I use sandals.
- 1/25/13 updated water bladder, booties, fixed some links
- 1/28/13 forgot to update umbrella, and boxers in last update
- 4/5/13 forgot to update umbrella weight.
- 5/26/14 updated broken links

Note: sometimes I do not take all items. I rarely take pillow. If trip is too long, I'll swap in the Mariposa Plus and take more food, alcy, 2 CR23's  
The food I take is in freezer ziplocs and is included in the weight.

## MY DREAM SHOE:

My foot easily changes width and length by 2 sizes when hiking. Combine this with different temperatures such that you will need a thicker sock on some days and thinner socks on another day-- or even different times of the day. How are you supposed to pick the right size shoe with that kind of moving target?

Plus I would like a shoe that dries practically instantly so I can minimize wet feet. And on hot days, I want my feet to never sweat (that invites fungus, smell, and blisters).

And while my foot is growing, and have a fat sock on, I don't want to be hammering my toes going downhill. Otherwise the toenails will turn black and fall off ☹️. And when I have my fat sock on for warmth, I don't want my foot to feel squished. Likewise, on 70F days and using a thin sock, I don't want the least bit of foot slippage (invites blisters).

I would also like a very cushiony heel to eliminate foot bone(s) stresses (caused when walking on asphalt for 20 miles). A nice arch would help on long walks with weight (backpack) on the back. That would eliminate plantar fasciitis problems.

If the above wish shoe doesn't fit right, I will feel it in my lower back and my knees---- BAD.

If my foot gets sucked into mud (which it does in boggy areas), I would like to walk through the nearest stream and, wala!, the shoe is clean with NO hand scrubbing. Talk about saving time!

I need a semi-sturdy sole because this helps in going uphill. It also cushions the foot on scree and provides a light massage.

I've hiked in boots for 10+ years and trail runners and just lived with the above mentioned problems.

Around 2002 I took the plunge and tried the sandal. Low and behold, all my footwear wishes were solved. My feet misery vanished. But it didn't come easy. I had to try on about 2 dozen pairs to find one that fits comfortably AND lasts.

I am now particular to Teva sandals because I love their wide soles and incredible lateral stability. This makes it hard for ankle turns. And they feel great to me (not all the models though). Unlike my wife, I have to wear mine with socks. Not only for the glamorous look but the comfort it brings.

And because of wearing this sandal AND sock, the following joys were also met:

1. no need to wear blister treatment.
2. no need to carry blister treatment.
3. no hammer toes
4. lighter footwear gave me way more energy. I noticed that right off the bat.
5. wiggle room for the toes.
6. much harder to roll an ankle (vs a trail runner)
7. excellent traction on wet sloping granite.
8. Maybe once/day I have to get the pebble out between foot and sandal (it used to be every hour; but not the Tera Fi design). But I don't mind this at all because of the blessings of sandals!
9. Instant slipper for camp. Just loosen the straps; no extra weight needed.
10. Shoe smell is gone. (if wearing a sock)
11. Don't have to stop and change socks or take off boot (which should be done once/hour with a boot btw).
12. They're cheaper than the boots and shoes I bought
13. Decent tread and ARCH life. I'm getting 500 miles per Teva. It depends on the terrain though.
14. Can expand or contract with different socks without squishing the foot.
15. Athlete's foot cleared up. I have never needed preventative powder since the day I started wearing sandals. I.e., no more itchy feet!

Other notes:

1. On 30F days, I just plow through the streams. I first take off my socks. At the other side, I hurry and dry my feet and put my dry socks back on. By then my sandals are dry. Somehow, surprisingly, that process warms up my feet.
2. On warmer days, I plow through streams with my coolmax socks. The sandals dry after a couple of minutes but my socks take about 30 minutes to dry-- which I can live with.
3. Is wearing a sandal risky? Initially, you would think so. I've learned it is more risky for me to wear a shoe or boot because of the above mentioned foot problems.
4. The sandal needs to be worn with a sock, or the feet will sweat and blisters will form (unless you're my wife).

5. The sandal needs to be cinched snug (not tight) when hiking. I even have to cinch it tighter 15 minutes into the hike because, for some reason, my feet shrink.
6. I'm size 8 and I buy a size 9 (which is big in a Teva). The extra length gives toe protection. In the last 5 years, I don't remember of ever stubbing my toes (knock on wood) and I've bushwacked several times in sandals.

There are some areas that I would refrain from (prickly needle bushes), though I've done that too.

7. Depending on weather, I can use the following with my sandals w/o squishing the foot :

- a) 2 wool socks
  - b) thin sock
  - c) down booty (that is comfy!)
  - d) sealskins with wool sock (cold days only)
- that is versatile footwear!

8. I still feel guilty walking in the woods with my sandals. I think that's from my youth. But the ability to wiggle your toes while backpacking erases the guilt 😊  
. It's like wearing slippers in God's Garden.
9. I play basketball, handball, and tennis in the same sandal. I just love them. I go canoeing in them and later on-- hike.

Are sandals for everyone? I don't know. My wife is a convert after she watched me. One of my hiking buddies is a convert. Ironically he's using cheaper sandals and I hope they hold out on our trips. Another hiking buddy stays with his boots because he was born in boots. And he has ugly sore foot problems on almost every trip. 😞

How to fit the sandal:

1. It's important the arch centers right on your arch. That's why I like the Teva Tera Fi. You can undo the back strap; then center your arch on the sandal (with the sock you want to wear). Then do the back strap back up and usually you'll not have to touch that strap for a long time.
2. The other 2 straps are tightened depending on conditions. When walking/hiking/backpacking, cinch them tight but not too tight that they're painful. When you stop, loosen the straps. Because they're Velcro, this process is very fast; much faster than with boots.
3. Leave about 3/8" to 1/2" in front of the big toe. The extra room protects your toes from root and rock bumps.
4. After about 10-15 minutes of walking, you may have to retighten again. I'm not sure why here. Either the nylon straps stretch or my foot shrinks. Likewise when I stop, either my foot swells, or the straps shrink; that's why I loosen.
5. Wear a decent wicking sock. This keeps sweaty feet drier (especially underneath) and prevents blisters.

More foot notes:

1. Plantar Fasciitis: Several things cause this to ache:

- a). walking on asphalt or any other hard surface all day
- b). the foot arch does not align with the shoe arch

How to minimize the ache:

- a. If you feel it coming on while walking, immediately point your toes upward. This stretches the correct muscles/tendons to minimize/eliminate the pain. It's easy to point the toes upward in open-toe sandals.
- b. At night in the sack, bend your toes back. The toes can usually be held this way even by the light-weight of your sleeping bag/quilt. Try to leave it like this for an hour or two. There are braces you can buy for this but this way is cheaper; it's free and works!
- c. If you don't do these things fasciitis will kick in and when you stand on your feet in the morning the pain will be so unbearable you'll want to scream. And it will stay this way until your tissue warms up.

2. I would stay away from closed-toe sandals. The toe area fills up with gunk fast on the trail and you will have to dump it every 10 minutes. Plus these types of sandals don't really tighten at the right spots so it's easier to slip in them. This brings on blisters and twisted ankles.

3. Another trick of the trade is to walk softly and carry a big stick; 😊 maybe 2 sticks. This also eases leg/foot joint shocks.
4. Those who say sandals stink, don't wear socks. And the good sandals have antimicrobial treatment.
5. If you can hike in Crocs, I feel you can hike in sandals AND get better support.
6. I used to have a heel callus. Mine went away after wearing Terra-Fi2's over a year. That's a mystery!

Some sandals I've tried:

1. Chacos. These have the dang best arch supports I've felt. I just wished they:
  - a). weren't so heavy.
  - b). did not have straps hit in the wrong spot (remember this is just my foot).
  - c). kept my ankle from twisting. This might not be critical.
  - d) didn't pick up debris.

However, I've seen many people climb mountains in them.

2. Keens. I left these because:
  - a). makes my feet very warm for summer use.
  - b) takes longer to dry than leather sandals. That's weird.
  - c) caused me blisters.
  - d) too heavy; (really noticed on long hikes).
  - e) picked up debris.
  - f) easy to twist ankle. Again, might not be critical.

3. There are others...

QUESTIONS AND ANSWERS:

1) *"Hey Barryp, down here the snakes and scorpions call those wiggling toes a moving, but justifiable, target..."*

It looks like snakes are everywhere. I see them a lot during 3 season. But I've never had a physical encounter with a snake. My hiking buddies have, but then again, they wear snake-magnet boots 😊

I have not had the fortune of seeing a live scorpion. When I camp in the deserts of UT, I check my sandal before putting it on just in case a scorpion wanted to climb on top of it and sleep. Oh well. None sighted yet. 😞  
Only my booted companions have claimed encounters of scorpions, when they shake out their celebrated footwear ! 🤩

2) *"So, how do I get everything you described with the sandal, but eliminate debris getting between my feet and the sole?"*

Actually, I also thought this was typical and lived with it for several years. But the problem was practically eliminated when I switched to the Terra Fi2. I was surprised. It seems the lip around the heel and-- cinch it tight --kept rocks and twigs from going under the feet. What's ironic is my hiking buddies stop and dump out rocks out of their shoes more often than me getting a rock stuck. I may have to stop once every 4 hours.

3) *"The other problem, when I walk in water, rocks likes to get stuck under my toes, feet, and between the sole and my foot. It is pretty annoying."*

When walking in a super sandy creek, there will be sand that flows up, in, and around the foot. But it didn't bother me while in the water. It's when I get out of the water is when it starts bothering. Again, just keep that sandal cinched tight. Before coming out, wiggle the foot in the water and usually all the debris washes out. Plus the sandal looks clean. If I'm going to be in the water a lot, I don't wear a sock; but the other 99% of the time, a sock also helps keep debris out, blisters gone, and feet cool (in hot weather), and feet warm (in cool weather).

One other pointer, I have about 1/2" from my big toe tip to the top edge of the sandal (when my foot is shrunk). This also helps in keeping debris out and protects against the stubbed toe (knock on wood).

The back strap only needs to be adjusted once so that your arch rests perfect. Actually, it will take a little bit of playing on the first day. This is critical to get your arch centered so plantar fasciitis will be eliminated. If you buy shoes that give you extra room in the toe box (by buying 2 sizes large) this risks the misalignment of your arch.

I've tried Keen sandals but was disappointed in their weight. They made my feet sweat more than trail runners. My pinky always rubbed.

4) *"Barry, you got me thinking alot. The thing I don't like about the Terra Fi2 is the lack of toe covering. However, Teva's Toachi has one, and looks like it would perform similar to the Terra. Their other sandal with a toe covering doesn't look like it has the size range, ie, I can either wear no socks, or three socks with the same sandal. The only question is, is it wide enough, and does it have a good enough sole. I guess my next step is buying a pair, and trying them out. If they don't work, I don't think it would be a big loss, I would probably still wear them, just not hiking.*

*As far as wearing socks with sandals, I do it all the time, and my wife cringes every time. She especially doesn't like it when I wear leather sandals to church with dress socks. I guess it is good I am married. I am also forbidden to pick out the clothes for the kids. Apparently I have failed everytime. "*

Too funny! As you get older, comfort wins.

Trying them out is the best.

I've tried on the Toachi and they totally felt like a shoe. But now I'm so used to having my toes free, that I prefer open toe. It's like walking barefoot in the woods but with comfort and support.

But if it's like the Keen covered-toe sandal, you will get a lot of stuff stuck around your toes that will require sandal removal often.

I wear my black terra fi2's with black socks around work 100%. People rarely notice.

It seems the black ones never go on sale.

On the trail, I wear some weird orange/brown color terra fi2. I got them on sale for \$50.

At church, I also wear a nice black leather sandal; not Teva; some JC Penney brand.

My wife wears a woman's Teva sandal to church but they actually look nice.

To minimize the embarrassing look, in the summer when I wear shorts, I wear low cut black ankle socks (coolmax) with my terra fi2's. For some reason they don't look as bad as crew length

