

Sea2Summit Sock Tip

Why Wool?

Coast Mountain Sports recommends participants use a wool sock as opposed to a cotton or synthetic sock for outdoor events requiring the level of exertion demanded by adventure racing.

Temperature Regulation:

Wool wicks, absorbs and evaporates more efficiently than any other fiber. This means that your feet stay warm and dry in cool and damp conditions and cool and dry in warmer sweat inducing conditions.

The importance of dry and temperate feet become much more than a comfort issue when participating in any endurance event. As your activity level increases your body's internal temperature increases and the transfer of oxygen decreases. This means your muscles must work harder and triggers lactic acid production. Lactic acid build up causes fatigue and muscle pain.

Wool's thermoregulation properties allow the body's internal temperature to increase more slowly causing less lactic acid build up in the muscles allowing the body to work harder for longer. Your feet will be dry and comfortable and will also be less fatigued, swollen and sore.

Odor Control:

Wool has natural properties that do not allow odor bacteria to build up on wool fibers. You can wear the same pair of wool socks for a number of days in a row without washing them and they will remain fresh and odor free.

Shock Absorption:

Most wool socks maintain their "natural crimp", giving the sock the ability to cushion, reduce shock and maintain their natural shape for the life of the sock.

No Itch:

Most wool socks are now made from soft merino fibers less than 1/3rd the thickness of human hair that are very fine and soft thus not producing the rough coarse edges of the fiber that cause itch.

Product Recommendations:

- **Wigwam Merino Wool Comfort Hiker 2-Pack (301030057-Men's 301050286 Women's)-\$26.99-** The softness of genuine premium grade Australian wool in a reasonably priced Hiker-Fully Cushioned-Elasticized Arch Panel-Ultra-smooth toe seams-Crew length
- **Smartwool Hiking Medium Mini Crew (330193752-Men's 330193818 Women's)-\$17.99-** The ideal sock for trail running-Spandex Arch Brace-Ventilation side panel-reinforced sole-flat knit toe seam-Mini Crew length
- **Smartwool Light Hiker (301030076 Men's 301050331 Women's)-\$19.99-**The perfect all conditions sock- Spandex Arch Brace-Ventilation side panel-reinforced sole-flat knit toe seam-True Crew length