

Foot Care Travel Essentials Checklist

Tips

Essentials for everyone :

- Nail clippers
- Nail file
- Antiseptic
- Regular bandages and blister-specific pads
- Hydrating foot cream
- Disinfecting wipes or hand sanitizer
- Comfortable, pre-tested shoes (sandals, sneakers, sturdy shoes)
- Insect repellent
- Comfort insoles (to prevent friction)
- Nail lifter (for ingrown nails)
- Absorbent or anti-odor powder
- Compression socks (for long trips)
- Massage ball or small frozen water bottle (for quick relief)

Psst !

Before you leave, take the time to check your shoes and orthotics. If in doubt or if you experience persistent pain, consult your podiatrist for personalized advice.

Additional Items Based on Your Foot Conditions

Tips

Fungal Infections (Mycoses):

- Antifungal cream
- Absorbent powder
- Antiseptic soap

Ingrown Nails:

- Nail lifter
- Antiseptic
- Specialized bandages

Joint Pain:

- Anti-inflammatory cream or tablets
- Support bandage

Sensitive Feet:

- Comfort insoles
- Anti-friction pads
- Compression socks

Corns and Calluses:

- Gel pads
- Abrasive file
- Urea-rich keratolytic cream

Bunions (Hallux Valgus):

- Toe spacers
- Protective pads
- Specialized bandages

Plantar Fasciitis:

- Massage ball
- Small frozen water bottle
- Compression socks
- Customized orthotics

Dry, Cracked Feet:

- Repair balm with urea
- Moisturizing socks

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