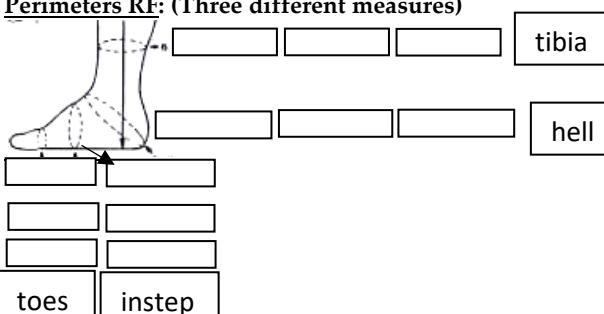
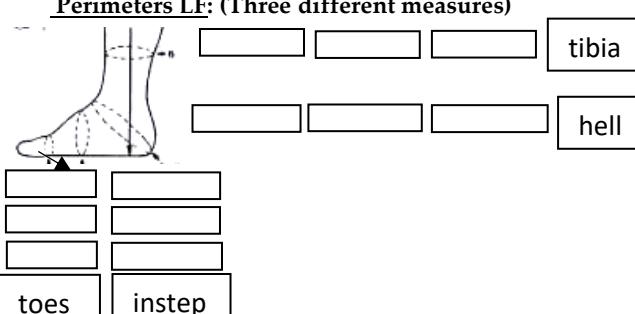
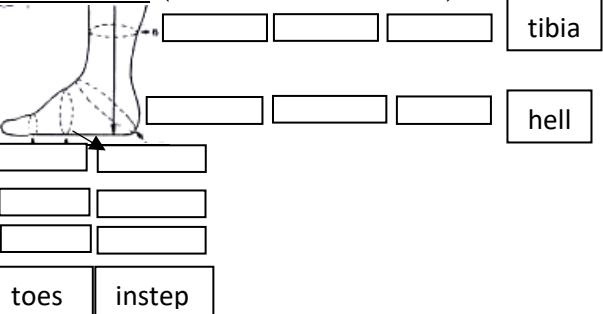
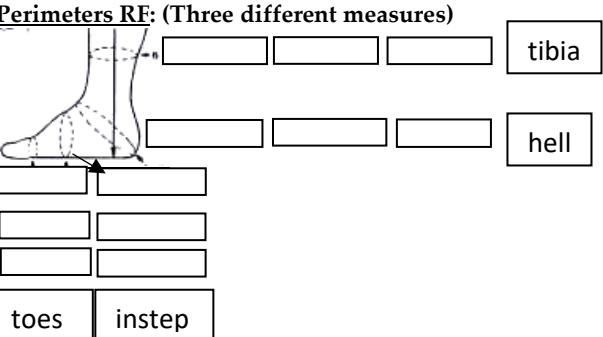


Supplementary data

Protocol of Measures. Top shows the protocol of measure at the starting point (0 km). Middle part includes the protocol of the first part of the hike (0-14.5 km) and lower part of the table reflex the measurement protocol of the second part of the hike (14.5-29.6 km)

<u>PROTOCOL OF MEASURES</u>									
STARTING POINT (0 Km)									
Dorsal Number:.....					Gender:.....				
Foot size:.....					Weight.....Size.....				
Body mass index (BMI):.....									
Nº Bag with Socks:.....					Previous Alterations on skin, muscles or nails.....				
Temperature RF					Temperature LF				
Plantar					Plantar				
Dorsal					Dorsal				
Perimeters RF: (Three different measures)					Perimeters LF: (Three different measures)				
									
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>					<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>				
toes instep					toes instep				
FIRST PART OF THE HIKE (0-14.5 Km)									
Temperature RF: (Three different measures)					Perimeters RF: (Three different measures)				
Plantar					Plantar				
Dorsal					Dorsal				
Temperature LF: (Three different measures)					Perimeters LF: (Three different measures)				
									
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>					<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>				
toes instep					toes instep				
LESIONS (0-14.5KM)									
SKIN LESIONS (SPECIFY RF AND LF)									
Hyperkeratosis					Heloma.....				
Blister					Erosion..... Reedned skin.....				
Urticaria.....					Grevice..... Others.....				
MUSCLE LESIONS (SPECIFY RF AND LF)									
Pain due inadequate warm					Inflamation.....				
Muscle discomfort.....					Sprain..... Others				
NAIL LESIONS (SPECIFY RF AND LF)									
Onychocryptosis					subungual hematoma.....				
Others.....									
EXTRA DETAILS									

SECOND PART OF THE HIKE (14.5-29.6 Km)**Temperature RF: (Three different measures)**

Plantar			
Dorsal			

Temperature LF: (Three different measures)

Plantar			
Dorsal			

LESIONS (14.5-29.6 Km)**SKIN LESIONS (SPECIFY RF AND LF)**

Hyperkeratosis Heloma.....Blister
Erosion.....Reeddned skin.....

Urticaria

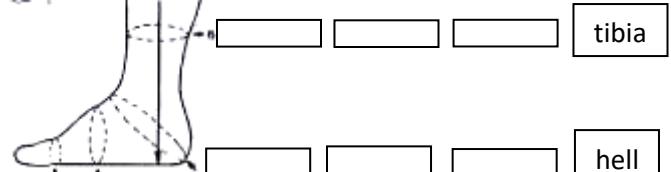
Grevice.....Others.....

MUSCLE LESIONS (SPECIFY RF AND LF)

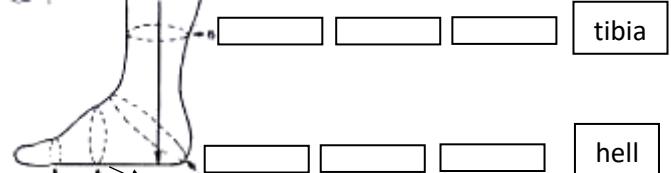
Pain due inadequate warmInflamation.....
 Muscle discomfort..... Sprain..... Others.....

NAIL LESIONS (SPECIFY RF AND LF)

Onichocryptosissubungual hematoma
 Others.....
 ...

Perimeters RF: (Three different measures)

toes instep

Perimeters LF: (Three different measures)

toes instep

EXTRA DETAILS

Table S1. Foot temperature by sock type (technical/non-technical).

Distance (km)	Socks		P-value socks		P-value distance	
	T	NT	T-NT		T	NT
Dorsal temp (°C) RF						
0	35.0	20.7	0.000*		(1)=0.000*	(1)=0.000*
14.5	36.2	32.3	0.000*		(2)=0.000*	(2)=0.000*
29.6	36.3	30.4	0.000*		(3)=0.101	(3)=0.413
Dorsal temp (°C) LF						
0	35.2	20.6	0.000*		(1)=0.000*	(1)=0.000*
14.5	36.2	32.4	0.000*		(2)=0.000*	(2)=0.000*
29.6	36.4	30.8	0.000*		(3)=0.101	(3)=0.053
Plantar temp (°C) RF						
0	34.9	21.2	0.000*		(1)=0.000*	(1)=0.000*
14.5	36.0	30.0	0.000*		(2)=0.000*	(2)=0.000*
29.6	36.2	29.8	0.000*		(3)=0.091	(3)=0.847
Plantar temp (°C) LF						
0	34.9	21.3	0.000*		(1)=0.000*	(1)=0.000*
14.5	36.0	30.6	0.000*		(2)=0.000*	(2)=0.000*
29.6	36.2	29.8	0.000*		(3)=0.340	(3)=0.736

T=Technical, NT=Non-Technical, Km=Kilometres, Temp=Temperature, (°C)=Degrees centigrade (*)=Significant difference, RF=Right foot, LF=Left foot, (1)= Distance between 0-14.5 Km, (2)=Distance between 0-29.6 Km, (3)= between 14.5-29.6 Km.

Table S2. Foot temperature by sock composition.

Distance (km)	Sock			P-value			P-value distance		
	T	S	C	T-S	T-C	S-C	T	S	C
Dorsal temp (°C) RF									
0	34.9	35.1	21.2	1.000	0.000*	0.000*	(1)=0.000*	(1)=0.000*	(1)=0.000*
14.5	36.1	36.2	32.3	1.000	0.000*	0.000*	(2)=0.000*	(2)=0.000*	(2)=0.000*
29.6	36.3	36.4	30.4	1.000	0.000*	0.000*	(3)=0.526	(3)=0.305	(3)=0.413
Dorsal temp (°C) LF									
0	35.1	35.2	20.6	1.000	0.000*	0.000*	(1)=0.000*	(1)=0.002*	(1)=0.000*
14.5	36.3	36.1	32.4	0.417	0.000*	0.001*	(2)=0.000*	(2)=0.00*	(2)=0.000*
29.6	36.4	36.4	30.8	1.000	0.000*	0.000*	(3)=0.341	(3)=0.467	(3)=0.158
Plantar temp (°C) RF									
0	34.9	35.0	21.2	1.000	0.000*	0.000*	(1)=0.000*	(1)=0.000*	(1)=0.000*
14.5	35.7	36.1	30.0	0.228	0.000*	0.000*	(2)=0.000*	(2)=0.000*	(2)=0.000*
29.6	36.2	36.3	29.9	1.000	0.000*	0.000*	(3)=0.826	(3)=0.826	(3)=1.000
Plantar temp (°C) LF									
0	34.9	34.9	21.3	1.000	0.000*	0.000*	(1)=0.000*	(1)=0.000*	(1)=0.000*
14.5	36.2	35.8	30.6	0.105	0.000*	0.000*	(2)=0.000*	(2)=0.000*	(2)=0.000*
29.6	36.2	36.1	29.8	1.000	0.000*	0.000*	(3)=1.000	(3)=0.184	(3)=0.736

Km=Kilometres, T=Tierra, S=Set, C=Cotton, temp=Temperature, (°C)=Degrees centigrade, RF=Right foot, LF=Left foot, (*)=Significant difference, (1)= Distance between 0-14.5 Km, (2)= Distance between 0-29.6 Km, (3)= Distance between 14.5-29.6 Km.