



Pat has chilblains from the prolonged cold to her feet. In all likelihood, she would have avoided the problem if she had heavier, better insulated and waterproof hiking boots. Warm and monitor her feet; small blisters may appear over the next 24 hours. Symptoms usually last 12-14 days and the affected areas of her feet are prone to a secondary bacterial infection. Continued exposure may lead to scarring and changes in the pigmentation of her skin. You need to figure out a way to keep her feet warm during the hike out or her symptoms will worsen. Make sure her feet are dry and add warm layers to her head, trunk, and body to increase her core temperature. If a member of your group has an extra pair of large socks, consider cutting holes for her heels and pulling them over her boots. Administer ibuprofen or naproxen at the highest OTC dose to help reduce the pain and inflammation, and promote healing. Elevate her feet during the night. If possible, bring a vehicle to her.