



Brian is suffering from Chilblains (also known as pernio). Wash his feet and keep them clean. Give children's dose of ibuprofen or naproxin to control any pain; use Aloe and Vitamin E gel on the affected area. Keep his feet warm and dry; have him keep his feet elevated as much as possible of the next few days and wear insulated booties or loose fitting boots when walking. Closely monitor his feet for a secondary bacterial infection, especially on his big toe. His feet should heal without incident over the next few weeks; his hiking for this trip is over; ideally, he should ride out on something—FWD vehicle, four-wheeler, etc.—rather than walk. I hope the cabin has a lot of games....

