



Aussie Camino

Skin care for the road ahead

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A stylized illustration of a bright orange sun partially obscured by light blue clouds, set against a blue gradient background.

Skin care for the road ahead

- Sun protection
 - Lip care
 - Skin dehydration and dryness
 - Heat and skin irritation
 - Skin irritation and chaffing
 - Foot care
 - Cosmetics and make up
 - First aid and repair
 - Skin care survival kit

Skin care for the road ahead

•Sun protection

The single most imperative skincare consideration on the Aussie Camino.

- The **best UV protection that your skin can have is sun avoidance all together**
- sunscreens even when applied well can only provide 97% UV protection.
- out on the road for up to 10 hours a day protective clothing is your skin's best friend.
- Long sleeved shirts, collars, wide brimmed hats and scarfs for neck and chest shielding are vital attire for daily UV protection.



A stylized graphic at the top of the slide features a large, bright yellow sun with a blue circle in its center, partially obscured by white, fluffy clouds against a light blue background.

Sunscreen

Daily use of a good sunscreen is vital on the walk as your skin will be exposed to long periods of reflected sunlight (even under your hat), light that penetrates fabric and occasional incidental exposure.

Choose a 'broad-spectrum' sunscreen. This means that the sunscreen has been formulated to filter both UV A I & II and UVB rays. . **Not all** sunscreens on the market are broad spectrum so check the label carefully. **SPF 30+ is important** to wear when you are expecting longer periods of sun exposure.

Apply first thing in the morning before you dress. Apply your sunscreen like you would a body lotion or moisturizer. Sunscreen must 'bond' with your skin in order for it to be effective this is why it is important to apply sunscreen 20 minutes before any UV exposure and to rub it in thoroughly.

Don't use temperature or cloud cover as a guide to skin risk. South eastern Australian - one of the highest UV exposure ratings in the world due to our thinner ozone coverage.

The effectiveness of sunscreen is dose dependant - be very liberal with your application

A stylized illustration of a bright yellow sun with a small blue circle in the center, partially obscured by light blue and white clouds. The background is a solid blue color.

Sunscreen

Reapply to exposed skin often - out walking the AC you need to be mindful of the factors that reduce sunscreen efficacy such as perspiration, the rubbing of clothes, footwear and hats, rain and sea mist and of course the total time that your skin has been directly exposed to sun light.

Choose a formulation that is fluid and a product that contains **a blend** of both chemical and physical filtering ingredients. Formulations designed for children and also those specifically marketed for use on the face often have a superior textural finish. These sunscreens are often more pleasant to wear, have a lower irritancy potential and will not cause acne like breakouts.

Skin care for the road ahead

•Lip care

Prevention of lip dryness and irritation - A nourishing lip balm containing a sunscreen applied several times throughout the day will protect from the elements.

Trial your product before setting off - some ingredients can cause allergic irritation in certain individuals.

Yes even the boys !



Skin care for the road ahead

•Skin dehydration and dryness

Prevention - low humidity dry coastal winds whether warm or cold can be extremely drying to skin.

Remedy with a daily application of a moisturiser under your chosen sunscreen.

Hydrating moisturiser at night after the use of a very gentle cleanser is a great restorative measure



Skin care for the road ahead

•Heat and skin irritation

Heat Rash - hot itchy raised bumpy rash or hives.

- common on the trunk, chest and neck.
- caused and exacerbated by the combination of UV exposure and various cosmetic products, essential oils or fragrances.
- avoid - wearing your normal daily cosmetics if they contain these ingredients.

First aid

Reduce the heat of the area

- change into a lighter weight clothing option.
- cool shower and cold compresses area.
- apply Aloe Vera gel liberally in the evening.
- anti-histamine e.g. hay fever medication at night.
- the next day avoid **any** direct sun exposure.



Skin care for the road ahead

•Skin irritation and chaffing

One of the most common skin ailments on the Aussie Camino is skin irritation caused by chaffing.

- due to friction caused by the rubbing either skin and skin or skin and clothing.
- avoided by trialling your clothing and equipment well.
- underwear is one of the worst culprits - even packing light bring a couple of different 'style' options.

'Tech' sports and outdoor clothing

- manage perspiration dampness which contributes to chaffing.
- 'skins'- recommended by the boys - fit snugly to the 'private parts' and prevent chaffing between undies/thighs and the 'jewels'.



A stylized illustration of a bright yellow sun with a blue circle in the center, partially obscured by white and light blue clouds. The background is a solid blue gradient.

Skin irritation and chaffing

First aid

1. Remove the offending item as soon as you can if possible.
2. At the end of the walking day avoid wearing any clothes that irritate this area and apply a cool compress.
3. Liberally apply some Paw Paw ointment
4. The next day - avoid wearing the offending article and cover the area with a dressing - clear 'Gladwrap like' films (pharmacy).
 - act like second skins without causing new irritation to another area and remain on the area for several days.
 - gives the skin time to heal underneath without being disturbed.

A stylized illustration of a bright yellow sun with a blue outline, partially obscured by white and light blue clouds. The background is a solid blue color.

Skin care for the road ahead

•Foot care

Ladies... refrain from having a pedicure before you set out. Trimmed neat toe nails are important but a little callous will help protect your feet for the road ahead.

Air your feet for a good 20 minutes at lunch time and change into a new pair of socks. They will love you for this.

Urea based foot creams

- most effective for use leading up to the Camino
- heal cracks and condition the skin so that it is very well hydrated and more durable - dryness in the skin creates fragility.

Hot spots .. Attend to any rubbing or heat **immediately**

Best blister products - blister packs!

- silicone gel sticky padded dressings cover, protect and pad the irritated area prevent a blister forming. but well worth it.

The number one motto about blisters is Avoid getting one at all !!

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Skin care for the road ahead

•Cosmetics and make up

Keep your skincare cosmetic regime simple minimum to avoid unexpected skin irritation.

- some cosmetic products - heavily perfumed varieties or active skincare ranges are not appropriate for use when skin exposed to longer periods of UV.
- avoid excessively perfumed products and those containing AHAs or retinols.
- choose gentle cleansing options that **do not** exfoliate.
- moisturisers containing hydrating formulas are best for use under your sunscreen rather than heavier occlusive varieties.

Make up is difficult to wear walking on the AC. Hats, perspiration, reapplication of sunscreen, mist and sea spray can often leave even the most glamorous pilgrim looking dishevelled in a short while.

- eyebrows, tinted lashes, artificial tan for the face, water proof mascara.

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Skin care for the road ahead

•First aid and repair

Sunburn.

- that night have a cool shower, avoid locking in the heat with occlusive clothing and apply cold compresses (not ice).
- apply Aloe Vera gel to the area liberally a few times before bed.
- the next day and for the following 72 hours **you must avoid** any exposure of the area to UV = total cover up with hat, scarf shirt etc. or even a day off.
- on rest breaks **sitting in the shade** allow the area to cool and apply more Aloe Vera gel.
- after the heat has subsided (about 24 hours) apply a light hydrating moisturiser to the area regularly
- and of course, as your mum always told you, don't pick at any peeling skin.

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Trial your skincare well before you set off

Test out your gear before you start the Aussie Camino

- just as you would trial your footwear, pack and clothing it is important to trial your skin preparations well before you set off. The last thing that you want to discover a few hours into the walk on the first day is that your new sunscreen runs into your eyes or that new lip balm actually irritates your lips.

Once you have sourced your skincare survival pack products wear them on your training walks with the rest of your gear. If possible, trial the wearing of your skincare for a few days (consecutively if you can) and in a similar climate to that which you are going to walk in.

- Skin and skincare behave differently in different temperatures, humidity and climactic conditions.

Skin care for the road ahead

•Skin care survival kit

- Broad spectrum 30+ sunscreen. Light texture. A larger option for your luggage to apply each morning and a small option to go in your day pack (possibly a face formulation product).
- Aloe Vera gel
- Lip balm with sunscreen
- Hydrating facial moisturiser
- Gentle cleansing product, possibly a milk or lotion
- Face washer in a plastic zip locked bag
- Paw Paw balm/ointment
- Clear film dressings. Pharmacy available. They are like a second skin.
- Silicone gel blister packs



A stylized illustration of a bright yellow sun with a blue circle in the center, partially obscured by light blue and white clouds. The background is a solid blue color with a subtle pattern of lighter blue squares.

Thanks for coming

¡Buen camino!

