

F3 Wichita community gear guide

Footwear socks and packs for rucking

New to rucking or refining your setup? This guide brings together F3 Wichita members' experience with footwear, socks and packs. Rucking means walking with a weighted pack; the right gear depends on your feet and the outing.

START HERE

Fit leads the decision

MACV boots and low-cut Altras both have enthusiastic users. Wool socks appear in many setups. Think about fit first, then weigh terrain, drainage, underfoot feel and wear under load.

01 Compare the whole setup

Try footwear with the sock combination you plan to wear. Layers and room for swelling affect how a pair feels.

02 Match the gear to the outing

A long hike, a wet event and a routine ruck can place different demands on footwear and packs.

03 Use member experience as a starting point

A setup that works well for one person may feel different on your feet. There is no single best shoe for everyone.

01 COMPARE THE OPTIONS

Boots shoes and tradeoffs

Member-tested setups to consider, with the reasons people like them and the cautions they raised.

FOOTWEAR	WHO USES IT AND WHY	TRADEOFF OR CONTEXT
GORUCK MACV2	Bidet is on his second pair. His go-to boots: comfortable, light, stable and runnable.	He reports that they drain water rather than being waterproof, and notes that some people do not like them.
GORUCK MACV1 and MACV	Master Beaker uses MACV1. Pringles favors MACVs and a firm platform for rucking.	Master Beaker prefers a half-size increase for rucking. Pringles did not specify a MACV generation.
Altra Lone Peak	Sweetheart likes Lone Peaks for running. Trike rucks in the 9+ and likes its zero-drop shape and roomy toe box.	Trike reports faster midsole wear under heavy loads than with hiking boots. His fit preference and durability caution both matter.
Altra Olympus	Sweetheart wore Olympus throughout Disruptor and prefers low-cut shoes for long hikes.	He describes Olympus as thicker and more supportive for hikes with more terrain. His preference is based on his own fit and use.
GORUCK Ballistic Trainers	Mariachi likes his Mid-Tops' soles and wore them at Disruptor. Pringles ranks Ballistic Trainers second to MACVs.	Mariachi cautions about ankle support and ties his view to the group's typically less-uneven terrain.
Ariat Terrain Hiking Boots	Rex Kwon Do uses these for heavier hiking and rucking, with socks suited to the situation.	His horseback-riding background influences his preference. This is a personal setup rather than a head-to-head product test.
KEEN Footwear	NotACop wears KEEN footwear with Dickies merino wool socks.	The exact model is unspecified, so this is a brand-and-sock combination to explore rather than a particular model recommendation.

These are members' experiences with their own pairs. Comfort, stability and durability are different questions. Check the exact model, current product details and fit before buying.

02 BUILD THE WHOLE SETUP

Socks and room matter

Wool socks recur across the group, often paired with extra space or toe-specific layers.

Toe layers

CBD wears toe socks under wool socks. **Bidet** adds toe-sock liners under wool compression socks for long distances and major events.

Sock room

Sweetheart wears two pairs of wool socks on long rucks and values the space in his Altras for those layers and swelling.

Sock options members use

NotACop: Dickies merino wool. **Trike:** Injinji trail runner socks. **Pringles:** Darn Tough hiking socks and Smartwool. **Master Beaker:** wool socks with his footwear. Trike did not describe layering his Injinjis.

A half size is a preference to try

CBD and Master Beaker say a half-size increase works for their rucking setups. Sweetheart separately values room for layers and swelling. Use those experiences as try-on cues, not a rule to apply to every brand or foot.

Consider the feel under weight

CBD values consistent, stable landings when carrying weight and has found some shoes less predictable under load. Pringles prefers a firm platform. The useful question is how a shoe feels to you in your intended setup.

Try on the combination you will actually wear

Bring your intended socks. Compare a boot and a low-cut option if you are undecided. Notice whether there is room for layers and whether the underfoot feel suits you. Make drainage, terrain and expected wear part of the decision.

Layering and sizing are personal choices. These gear experiences are not a blister-treatment or medical protocol.

03 PUT THE SETUP TO WORK

Pack care and next steps

Past Disruptor experience offers useful context for what a ruck may encounter at an event.

Flenderson's experience

He loaned both of his rucks for a full Disruptor event. After a good wash, he reported neither was worse for wear and was willing to loan both again.

Bidet's experience

His GORUCK packs have been through multiple events. He hoses them down and scrubs with a brush, reporting that they came out no worse for wear.

Expect outdoor use and confirm the details

Flenderson and Bidet described packs getting wet, muddy and dirty. They distinguished that use from deliberate abuse such as dragging packs across concrete or launching them. Confirm the expectations for your event and decide whether to use or loan your own pack.

Follow the care guidance for your pack

Bidet limited his cleaning experience to GORUCK. His hose-and-brush routine is not an instruction for every material or brand. Follow your pack maker's care instructions and check applicable warranty terms rather than assuming every pack has the same coverage.

Training programs to investigate

Trike raised Mountain Tactical Institute as an option for ruck and sandbag plans. **Unhinged** suggested the separate MTNTOUGH program. These were leads to explore, not endorsements based on completing and comparing both programs.

NotACop liked a workout he adapted for a sandbag beatdown around the Flatland Games. **Trike** found his first Sandbag 2.0 workout challenging. Those experiences support exploring structured sandbag work, but do not establish long-term results or identify a single recommended provider.

Choose your next step deliberately

Use this guide to narrow gear choices and questions to ask. It does not prescribe a starting load, pack size, hydration plan or training progression. Individual fit and experience remain central.