



REST HUB

Travel Ready

Compression for Travel

Medical grade compression socks are the most appropriate compression garment for long-haul travel, minimising swelling and reducing the risk of developing deep vein thrombosis.

Fitting considerations

- > Ensure socks are the correct size and fit.
- > If using for the first time, try your compression socks prior to your travel period.
- > When putting on or taking off, be mindful of sharp fingernails, sharp-edged rings, or wristwear, that may damage the fabric.
- > Do not fold the top seam over as this may result in unsafe constriction.
- > If you start to experience any pain or feel unwell from wearing the socks, consult sport support staff or a medical professional.
- > Check the overall fit of the socks throughout your travel period.
- > Seek assistance as required for putting on, removing, or checking socks, or if you have questions.

Instructions for putting compression socks on

At a time that is convenient for you, put your compression socks on prior to departure (e.g., before leaving home, or at the airport prior to boarding). When putting the socks on:

- > Ensure legs and feet are dry.
- > Turn the leg of the sock inside out, down as far as the heel.
- > Use both thumbs to stretch the foot of the sock open and pull over your foot.
- > Grip the upper edge of the sock and pull it over your heel.
- > Once the leg of the sock is above your ankle, reach inside with both thumbs and massage the fabric up your leg with a zigzag movement, ensuring an even spread of fabric.

Instructions for taking compression socks off

Where practical, wear compression socks until ~1-2 hours following arrival at your destination (e.g., disembark, complete arrival requirements such as customs/baggage claim, transport to accommodation, and then remove). To remove socks:

- > Pull the upper seam of the leg down to the ankle.
- > Press both thumbs between the sock and the leg and pull it over your heel.
- > Slowly pull the sock over your foot.

Care instructions

- > To maintain functionality, wash regularly.
- > Regular machine wash using a cool water temperature (≤ 40 °C).
- > Use a mild detergent without fabric softener.
- > Do not put the socks in a dryer, over a heater, or in direct sunlight.

Made-to-measure (customised) garments

When a standard garment is not suitable (e.g., when an individual does not fit within the sizing of the off-the-shelf garments), Made-to-measure garments can be customised to suit an individual's needs.

If you anticipate requiring a made-to-measure garment, please contact the REST Hub for assistance.