

STYLE

Are your boots suitable for walking in snow and ice? Here's what a podiatrist says

These shoes will help keep your feet firmly planted when the weather outside is frightful.



Getty Images

Winter is officially [here](#), which means [snow](#), [ice](#) and other treacherous conditions that are likely to have you slipping and sliding — especially if you don't have the [right shoes on](#). Contrary to popular belief, it takes more than just a rubber outsole for shoes to actually be snow- and ice-friendly.

To help guide your search for proper shoes for slippery conditions, Shop TODAY spoke to Maryland-based podiatrist Dr. Priya Parthasarathy for tips to keep in mind when shoe shopping, along with a few recommendations for snow trekking and hiking to get you started on the right foot.

[Shopping tips](#) | [Podiatrist picks](#) | [Shoes for snow trekking](#) | [Meet the expert](#)

How to choose shoes for walking on snow and ice

Make sure you cannot bend the shoe itself in half. The toe box can have some flexibility, but you shouldn't be able to fold the shoe like a sandwich.

Make sure the back of the heel is firm. You don't want a heel that's too soft or squishy because it won't provide adequate support. "All of these things will prevent slipping and falling," she tells us.

Cougar Ignite Snow Boot



Ignite Snow Boot

\$129.99 AT DSW

\$130.00 AT NORDSTROM

Sizes: 6-11 | **Colors:** Two

Shigo calls out these boots, describing them as "cross-functional boots that you won't have to swap out when you get to the office when it's snowing." Not only are they stylish, they boast a tough exterior that's suitable for harsh conditions contrasted by a warm and cozy shear lining inside.