

# Socks and Sandals Go Together Like Cookies and Milk!

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Have you ever wished there was a way to be comfortable and stylish at the same time? Do you know how when you're about to leave your house to run some errands but then you think, *Wait, these shoes are so difficult to put on, and they don't even match my outfit?* Then you don't end up going anywhere because the shoes required too much effort to wear? And on top of that, they wouldn't have even looked good with your outfit?

Socks and sandals. One of the most underrated and misinterpreted fashion statements in our society.

I'm not talking about those itchy, neon socks you get from SkyZone, or the hard, uncomfortable plastic flip flops you bought from some random convenience store. I'm talking about good quality, soft socks worn with the all-famous Birkenstocks or Crocs. Warm, soft socks with a light, easy-to-wear sandal, and voila! A comfy, casual fashion statement that can be worn with almost any outfit! Before you knock it, try it. Try the warm, comfy, breathable, lightweight footwear for any occasion you deem necessary!

*I wanna keep up with fashion trends, just like you, Jesscia. How exactly do I do that?* With the help of social media and celebrities, fashion trends are always changing. And being Gen Z kids, it's pretty much obligatory to participate in these trends. Luckily for us, comfort is one of the most important parts of our daily lives. Back in June 2023, Jennifer Lawrence was seen rocking Adidas Adilette comfort slides and ankle socks. According to *Glam*, a website dedicated to fashion trends, "The queen of comfort herself has shown us that you can wear socks with sandals and look cute while doing it" (Raine). This was just the beginning of the infamous

pairing of socks and sandals. Soon after Lawrence began this trend, people on TikTok wasted no time finding ways to upgrade this look. Especially on *Glam* where they said:

Birkenstocks are the sandal that we most commonly see paired back with socks. The overall aesthetic of socks and Birks is one that TikTok has deemed “granola,” [...] The look is versatile and can be worn during all the seasons. Pair sweater-style socks with Birkenstocks in winter and wear traditional crew socks with them during the summer.

(Raine)

Because socks and sandals are so versatile, you can pair options depending on the weather! TikTok soon transformed the trend, and soon, Nike Dri Fit socks and Birkenstocks were sold out at every athletic retailer (Raine). Because of the comfort, style, and trendiness, this footwear option soon arose in popularity. Socks with sandals have transformed from a fashion no-no, to a trend recognized by icons like Rihanna, Justin Bieber, and Kendall Jenner (Walsh). Soon, popular celebrities were seen participating in this trend, further increasing sales, and making it even more popular. Socks with sandals aren’t just warm and stylish but they are also incredibly trendy. So keep up with the latest fashion trends and try it out! You're welcome in advance.

You might be thinking, *socks and Birks? In the middle of November? Far too cold.* And you're wrong. Heavy or cozy socks are a great way to combat the problematic cold weather that arises. Wearing socks with sandals, when styled appropriately, opens a manifold of opportunities, while offering increased warmth (Mark). Take this information with a grain of salt; I am definitely not telling you to go outside when it's blizzarding with just socks and sandals.

However, I am suggesting you try this trendy, comfortable footwear option for lazy days when the weather is habitable. According to *Collegiate Times*, Virginia Tech’s student-run newspaper, “To upgrade your Birks to fall or winter mode, simply loosen the straps a notch or two and start

picking out the coolest socks you can find. Not only will you feel like you're walking on clouds, [...] but you'll be able to show off all the great socks that would normally be hiding under boots or sneakers" (Wynne). Even college newspapers understand that the warmth and comfiness of socks ensures your feet stay warm despite icy-cold temperatures. And on top of that, form fitting Birkenstocks wrap your feet to make it feel like you're walking on heated clouds. Perfect for any errand you wish to run! Don't let the colder weather deter you from being stylish and keeping up with the latest fashion trends; wear cozy socks instead!

*Ugh. I am going to the mall later but my shoes are soooo uncomfortable. They give me such bad blisters. I definitely won't be able to walk around for longer than thirty minutes! What do I do Jessica?* Socks and sandals. Duhhhh. Pairing socks with sandals allows you to achieve a higher level of flexibility — both aesthetically and functionally as well as increased comfort. (Mark). A website that's apparently an expert on warm comfortable footwear, That's Not My Age, says, "It's a contradiction of sorts; socks are designed to keep feet warm and sandals to do the opposite. But as well as perking up a pared-down outfit, the combination is incredibly comfortable" (Walsh). When running errands, comfort should be our number one priority, style following in close second. The perfect footwear combination that fits those requirements is socks and sandals. No blisters, no tightness around your toes, perfect fit, lightweight feeling, and easy to put on. *OK, but my outfit is soooo basic. I need a staple piece. What do I do, Jessica?* Girl. Socks and sandals. There are so many ways to upgrade this footwear option to make your outfit better. Socks are a playful way to enhance a minimalistic look. Fill that blank space on your feet with something gaudy? Skirts, dresses, track pants, and any kind of jeans all look great when worn with this cool footwear combination. You could pair vivid ankle (or crew) socks to cork-soled Birkenstocks, or you could opt for a post-modern look by pairing sporty socks with

walking sandals. Pair any socks with colourful, flashy sandals, or go for some fancy footwork by pairing silk ribbed or ruffled socks with a lavish sandal to elevate your look (Walsh). There are so many ways to upgrade your fits with socks and sandals while being super comfortable. In addition to comfortability, there's technicality. In all truth, some people are walking around with very malodorous feet. It is commonly known that air ventilation helps the release of odor.

According to Forbes Footwear, socks allow our feet to breathe, especially in warmer weather: Lighter footwear isn't just a preference but can actually help to prevent foot conditions like athletes' foot or ingrown toenails. A sandal with personalized foot support is going to increase comfort on the base of your foot, which your whole body will thank you for. Adequate arch support distributes the weight evenly to avoid agitation and strain in the ball of the foot (Forbes). Wearing a good, comfortable sandal actually improves foot health in terms of odor and infections, as well as whole body health in terms of pressure and support.

*Rain, snow, sleet, hail. Sorry, Jessica. I am NOT wearing socks and sandals in the rain!*

Okay, okay, calm down. Socks and sandals are definitely not ideal for rainy weather. I understand, but, to be completely fair and honest, I never told you it was the logical choice. Ideally, socks and sandals should definitely not be your go-to when raining or snowing. However, as self-sabotaging wearing socks with sandals while raining is, there are ways to suppress issues. To prevent the feeling of wet socks, try purchasing waterproof socks designed to keep your feet dry while maintaining comfort, or merino wool socks to wick away moisture. You can even opt for a more full-coverage sandal option like the Birkenstock Clogs. To take this a step further, you can even purchase the Birkenstock Deluxe Shoe Care Kit to prevent your Birks from getting ruined. Wow! Maybe wearing socks with sandals while raining isn't even that

idiotic! But just to be clear — don't go out in a thunderstorm or downpour and then get mad at me. Because like I said previously, not the smartest idea!

In a nutshell, pairing socks with sandals not is not only super comfortable, affordable, accessible, and easy, but trendy, stylish, fashionable, and even healthy. Keep up with the latest fashion trends, keep comfortable, keep outfits eye-catching, keep your allowance money, and invest in socks and sandals of your choice. *Thank you!* Oh, thank you, did you say? It's my pleasure — always glad to help! Come back if you ever need more logical, trendy, and versatile fashion advice!

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