

CONDITIONING HIKE CLOTHS LECTURE

“ Hot & sunny and / or cold, raining and snow” Be prepared ! ! !

First Layer:

Thermal Underwear – Synthetic, long sleeve shirt and pants. Typically mid-weight

Examples: “Capilene” by Patagonia, REI brand, Wickers, Hot Chilly, Under Armor, etc.

Boots, waterproofed – as explained in lecture #1

Socks – synthetic or wool – as explained in lecture #1

Pants – Light weight synthetic. Most instructors use the type with zip off legs.

Typically light color (less heat & easier to spot ticks)

Examples: REI, Ex Officio, Big Five, Target, JC Penney (\$20-\$50 depending on name)

Shirt – Can use thermal underwear shirt. Hike could be hot, or if you generate a lot of heat carry a loose synthetic tee shirt or tank top. Will dry fast and stay warm(er) when wet

Mid Layer:

Heavy Pants – Optional – synthetic fleece or wool (army surplus)

Fleece jacket or anorak (pull over). These range in price and features from \$19.99 at Old Navy to ~\$250 from Mountain Hardware. Cost is a function of extras: full zip, pit zips, Gore windblock fabric, elastic cuffs, pockets, etc. Wool sweater is acceptable

Gloves – Fleece gloves are optimum. Other choices; ski gloves, liner gloves, etc

Beanie – Fleece beanie is optimum. Other types of warm insulated hat are acceptable

Outer Layer / Rain Gear

Any waterproof pant AND jacket is acceptable (from yellow rain slickers to ski apparel).

Ponchos are not acceptable

Light weight coated nylon pant and jacket are ideal for mild weather hikes. Mainly due to light weight, low volume (in pack) and low cost (~\$20 for pant, ~30 for jacket). Big 5, Sports Authority, Sport Chalet, REI

You will need heavier duty waterproof gear for snow day and snow camp. Good quality coated nylon from name brand manufactures start ~\$60 per piece. REI, Sport Chalet, A16, Sierra Trading Post

- Examples are “Precip” by Marmot, “Elements” by REI, etc.

Waterproof and breathable gear (Goretex or proprietary fabrics) will run \$100-\$300 per piece. Not required for this course. But this is what the leaders will be using (most comfortable, best performing)

Sun Protection:

- Sun glasses with UV protection rating
- Sun screen – SPF 15 minimum, 30 better. Lip block – good for nose and ears
- Not required – hat, preferably with wide brim
- Not required – light weight, loose and airy, long sleeve shirt – can double as a mid layer when it's cold or a single layer to keep the sun off when it's hot