

AS THE SEASONS ARE CHANGING

WHAT DO I NEED TO GO HIKING?

The dictionary defines hiking as:
"An extended walk for
pleasure and health"



SOUTHEASTERN MICHIGANS

HIKING MICHIGAN



LIGHTWEIGHT GLOVES & WATERPROOF GLOVES:

I like to have 2 pairs of gloves for this time of year. A light weight pair for when I am moving around and my body temperature is up, and a thicker pair for when my outdoor activities are at a minimum.

DO NOT FORGET THAT PLASTIC GARBAGE BAG:

This simple Garbage bag can give you a nice dry and slightly insulated place to sit down, even in the snow.. It makes all the difference in the world. And of course it doubles as a quick rain coat to protect your body and spine from getting wet. And it folds and nicely in your back pocket.

A HAT THAT IS WATERPROOF or CAN BE MADE WATERPROOF:

The Hat you select for Winter use should be both wind and water proof. Your head MUST remain warm and dry if you are to remain warm while out in the Winter forests.

*POLYPROPELENE EVERYTHING:

There is nothing better than starting with a complete "Polypropelene" underwear base. The top, bottoms and even under-socks. Not only does this unbeleivable underwear wick away your perspiration, it gives you a protective shell that is unsurpassed by anything else I have used.

WATER AND HYDRATION:

Many people forget that they need just as much water intake in the Winter season as in the Summer & Fall months, if you are going to be able to fight off the colder temperatures.

DRESS IN LAYERS:

The Layer System is the best system. By starting with a good underwear base and adding various layes of Wool, Fleece, and other synthetic materials, you are able to unzip or remove various layers as your body warms and cools to your Winter activities.

ULTIMATE WINTER HIKER

POLYPROPELENE
Tops &
Bottoms
1st LAYER



FLEECE VEST



Light Gloves &
Waterproof
Gloves



Waterproof
Wind resistant
Synthetic Outer Coat

WOOL SOCKS
With Polyp.
Liners



Waterproof, Wind
Resistant, GORTEX HAT

