

LECTURE NOTES

Foul Weather Gear for Hikers

by Coach Ron Gunn

First I need to say that *there is no such thing as bad weather when hiking - just bad dress*. As in the case with all outdoor sports, quality gear is important and pays off in the long run.

- A lightweight waterproof (not water resistant) jacket is very important. The good ones are also ventilated and wick moisture out. Ponchos and garbage sacks work OK for poor college students but can be a hassle in the wind and on tight trails.
- High performance socks are a must in wet weather as are pants and a Wombat hat. They dry quickly and save blisters. [Find a lightweight, water proof hat that provides shade. Several Cairn Stone vets prefer the [Tillie Hats](#).]
- Always carry an extra pair of high performance socks in your backpack which can double as gloves. [Socks as gloves may not work well with hiking poles – try before you hike]
- Finally have a positive attitude in bad weather - this will make you tougher for the challenge of the Grand Canyon, which can be very capricious. Don't curse the rain- stick your tongue out and catch a raindrop.

Fire up!