



Cold Weather Tips 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.

- Dress in light layers of technical fabric or Merino wool. Avoid heavy, bulky jackets. Cover layers with a lightweight *waterproof*, not *water resistant*, windbreaker.
- Wear insulated gloves and hat made with technical fiber or Merino wool.
- Wear gaiters for both the feet and the neck and a face mask to avoid exposed skin and frost bite.
- Use goggles or sunglasses to protect your eyes.
- Use attachable cleats on slippery roads and trails.
- Avoid cotton products as they don't protect as well and when cotton gets wet it is hard to dry.
- Smart hiking strategies on cold days are to get a spotter so that you can hike point to point with the wind at your back or start your hike going into the wind and finish your hike with the wind at your back.

Fire up!