

FALL HIKING

AS THE SEASONS CHANGE

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"BE PREPARED and ENJOY IT MORE"

As the seasons change, so should some of the things you do and bring along with you when you hit the Trails. Some of these very easy changes and adjustments to your Hike preparations can make all the difference in how your experience will go. These are simply things that have already proven themselves through the years to make a great difference in effecting what could happen during the Fall Hiking season. Take the time and make the changes, and then go out and enjoy all the beautiful Colors taking place in the forests, everywhere in S.E. Michigan.

BRING ALONG A CLOTH PAIR OF LIGHTWEIGHT GLOVES:

Sometimes a pair of gloves in the Fall season, is enough to take that chill out of you and put your comfort level at it's highest. Quick, lightweight and easy to store on you somewhere.

DO NOT FORGET THAT PLASTIC GARBAGE BAG:

This simple Garbage bag can give you a nice dry and slightly insulated place to sit down, when temperatures are in the 40s and 50s. This can 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. It folds nicely and will fit into your back pocket, or almost anywhere.

A NICE, LIGHTWEIGHT, OPEN WEAVE, BEANIE STYLE HAT:

Another easily carried, lightweight item that can make a big difference on getting rid of that slight chill that can turn into a very bothersome cold body. An open knit hat. Not a thick Winter style pull-over hat, something with a little more open, breathable weave to it.

THICKER STYLE SOCKS:

Just that little bit of thicker pair of socks will make a big difference on whether you are just comfortable, slightly chilled or feeling great. A re-enforced toe and heal style sock is even better.

WATER AND HYDRATION:

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

FLEECE VEST:

There is not anything better to take that chill off, than a Fleece vest. Keeping your core body warm, will help greatly in keeping all of your body warm.



CLOTH GLOVES



WATER
Crushable
bottles, reduces
in size as you go



FLEECE VEST



Thicker SOCKS
Re-enforced Toe & heal



Plastic Whistle



Open weave
Beanie style HAT



GARBAGE BAG for
raincoat & Wet spots



FIRE