

AS THE SEASONS ARE CHANGING

WHAT DO I NEED TO GO HIKING?

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

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SOUTHEASTERN MICHIGANS

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

Another easily carried, lightweight item that can make all the difference in the world on getting rid of that slight chill that can turn into a very bothersome cold body. 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 socks will make a big difference on weather you are just comfortable, slightly chilled or feeling great. a re-enforced toes 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.

--- THE ULTIMATE FALL HIKER ---



CLOTH GLOVES



FLEECE VEST



Thicker SOCKS
Re-enforced Toe & heal



Plastic Whistle



Open weave
Beanie style HAT



NYLON
PANTS



WATER -
Either crushable
bottles, canteen or a
Hydration Pack Combo



HIKING Boot



DAYPACK or
Shoulder bag



FIRE



GARBAGE BAG for
raincoat & Wet spots