

GIRLGONEGOOD®

Wellness + Wilderness

WHAT TO WEAR HIKING

Whether it's epic elevation, forest immersion, marshland boardwalks, or inner city nature trails - **what you wear makes a difference when it comes to your safety and comfort level** while hiking.

You do not need fancy hiking clothing to hike, but there are key considerations to keep in mind.

CONSIDERATIONS

Nature's Whims: Always check the weather prior to heading out. A general rule of thumb is to dress for the weather you expect and pack for the weather you don't.

Life in Technicolour: Beyond looking great in pictures, wearing an article of clothing that's bright is a safe hiking habit. Bright colours against nature's backdrop make it easier to find lost or injured hikers.

Cotton Kills: Opt for breathable clothing. Cotton is junk for the outdoors as it soaks up moisture, doesn't wick, and isn't breathable. In cooler temperatures, cotton can contribute to hypothermia and/or death.

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WHAT TO WEAR HIKING

CLOTHING

Base Layer
Mid Layer
Shell Layer
Quick dry Pants
Waterproof Pants

FOOTWEAR

Hiking Boots
Trail Runners / Shoes

EXTRAS

Hat (or Toque)
Buff
Gloves/Mitts
Sunglasses
Gaiters
Microspikes
Poles

(choose as appropriate for the weather)

Choose clothing that is synthetic, wool, silk, fleece, and/or down. Dress in layers. Always bring a warm layer and waterproof layer.

Running/walking shoes works fine for inner city/town trails on fair weather days. In a hiking boot consider ankle support, lightweight, and waterproof options. Rule of thumb is to opt for a half to full size up depending on how much your feet swell while hiking. Ask in store outdoor experts for help!

In the winter, gaiters, poles, and microspikes help with stability and safety. Bring sunglasses and wear sunscreen year-round.