



P.O. Box 266  
Pine Forge, PA 19548  
Phone: 610-326-4610 ext. 347  
Phone: 800-830-0224 ext. 347  
Fax: 610-326-3946  
Email: [prodgers@aecsd.com](mailto:prodgers@aecsd.com)  
Website: [fit4youretreat.org](http://fit4youretreat.org)



## Hiking Apparel - What to Bring

### Feet- Boots:

Are you a casual weekend hiker? If so you may only need a pair of low hiking shoes. There are some excellent and versatile shoes that will give the added traction you'll need on the trail, without the weight of a boot. If you have weak ankles, however, or will be traversing particularly rugged terrain, shoes may not be appropriate. I got my first pair at Wal-Mart.

The support of a solid pair of boots is vital to prevent injury to your ankles. Generally speaking, leather boots provide more support than synthetic or fabric boots, though this is not always the case.

### Feet- Socks:

Wear two pair of socks. Closest to the skin should be a thin pair of polypropylene sock liners (like nylon trouser socks from \$1 store). These are designed to wick moisture away from the skin and to help keep feet dry. Use an outer layer sock made of wool or synthetic material for cushioning. **Do not wear cotton socks!** They absorb perspiration and will stay damp. When buying new boots, always try them on with the type socks you intend to use on the trail. Break in your new boots around the house, not on the trail.

### Clothing:

Do not use cotton, especially against the skin. Leave your jeans, cotton socks and sweatshirts at home. Cotton gets wet and stays wet for a long time. Use polypropylene or other synthetic undershirts and underwear against the skin to wick away moisture. These should fit snug, not loose, for proper wicking. Wearing several thin layers is best as you can remove or add a layer at a time as needed.

Do not wear jeans as they get heavy when wet, take a long time to dry out.

Wear long sleeve shirts and long pants to reduce exposure to insect bites and scratches from bushes.

Wear a cap with a bill to keep sun off.

### Hydration:

Bring a water bottle. Carry more water than you think you'll need. On a hot day that water can disappear quickly and becoming dehydrated is not what you want. Without enough water, you can get into a dangerous situation very quickly.

### Trekking poles:

Trekking poles (\$20.00 for a pair at **Wal-Mart**) let your arms and back get to work instead of simply adding to the dead weight you're carrying.

You'd be amazed how much faster you can climb uphill with a little help from your arms--and you'll love the new muscles you develop! Trekking poles help to build the triceps, deltoids, lats and a host of other helper muscles.

Submitted by Arnelia Hollinger