



*Become adventure ready!*



# Adventure Ready for Hiking Course Session FIVE

[www.womensfitnessadventues.com](http://www.womensfitnessadventues.com)

# Session outline

In this session we are going to cover **HIKING CLOTHING**.

Think of your clothing as a “system”. The **ONION THEORY**

- The Base layer
- Summer hiking
- Winter Hiking
- And somewhere in between

Some tips and tricks



# Your Resources

- Weekly Sessions held over Zoom (Monday's at 6.30pm Brisbane time)
- Find your Fitness Chart
- Hike Training Planner – build your own
- Check lists & cheat sheets (lesson specific)
- Access to the Course Portal
- Access to the Functional Fitness Library (available through the course portal )

Recording is added to the course portal by Wednesday evening of each week.

**NOTES FOR YOUR P.T.**

There are 3 key areas of hiking fitness that, if addressed, result in a successful hike.

We recommend you work with your PT (or us) to focus on Hiking Specific exercises that address the following:

- **Endurance.** This is time on legs. NOTHING can replace the length of time spent on legs out on a trail
- **Functional Fitness.** That is ensuring that ALL the muscles we need for hiking are strong, recruited and doing what they need to do.
- **Cardio.** Having good cardio strength for the hike. How to manage cardio going uphill, what to do at the top of a hill, how to measure cardio and how to know if your cardio is improving.

**This document is designed for you to share with a Personal Trainer - if you have one.**

**If not,** use it for information. ALL of these fitness foundations are used in the online Functional Fitness Classes or the On demand classes in the Member Resources on the website.

**TRAVEL CHECKLIST**

Insurance is as important as your passport. Same as in life, even the best of us can get into trouble. So it is best to be prepared and get holiday insurance to protect the most important part of your trip!

**When choosing a travel insurance**

Check for up-to-date travel advice.

Check if your insurance policy might be a better choice when you stay away from home.

Check if your insurance policy covers you when you leave your home.

Check for additional coverage and the relevant licence.

Check for exclusions and limits! Also check if the country you visit is covered by your insurer's PDS. Overseas medical services are expensive.

**3 MUST KNOW QUESTIONS**

to ask BEFORE you book your next Hiking Holiday

Avoid disappointment & guarantee the best time ever!

[www.womensfitnessadventures.com](http://www.womensfitnessadventures.com)

# The Base Layer

The Base layer is the layer of clothing that touches your skin.

It needs to be moisture wicking and therefore will pull the moisture to your next layer assisting in body temperature regulation.

- Underwear
- Shirt
- Pants
- Socks



**Tip:** Cotton is **not** a good fabric for hiking in any weather condition. It is heavy when wet and stays cold

# Underwear - Base Layer



The goal of your underwear is that it is:

- **breathable**
- **moisture-wicking**
- **and quick-drying**

so that it efficiently maintains your body's natural temperature.

- **Good hiking bra** (where your pack sits; underwire; hooks at back)
- **Underwear** – NOT cotton or bamboo
- **Socks** – arch support; toe padding, side cushioning – left and right

# Socks

## Socks

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Personal preference

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Left and right foot

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Contouring to foot

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Anti odour

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Light weight for summer

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Thicker socks for colder climates

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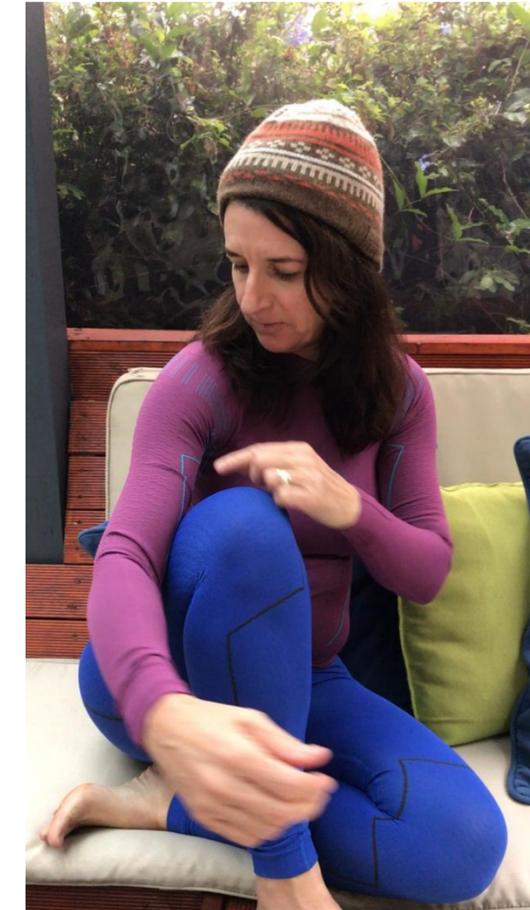
Toe socks



# Base layers

## Shirts for wicking and cooling

- Climate controlled materials
- Long sleeves, collar, quick drying
- Close fit , longer sleeve



## Thermals-

- This is an underlayer for warmth.
- Wool
- Climate controlled materials
- Essential in Alpine and Cold Climate and for camping when night temperatures drop



# The Base Layer

## Pants / shorts

- Personal preference
- Protection
- Stretch
- Snug fit
- Pockets with zip –Pockets on leg
- Pants with easy clip belt
- Pants that zip to shorts



**Tip:** Dark Colours don't show the dirt

# The Mid Layer

## Insulation

- Light weight
- Moisture wicking
- Easy to pack
- Easy to put on
- Has insulation qualities
- High neck
- Sleeves that go over hands.
- Fit for purpose- climate hiking in



# The Outer Layer

## Protection from the Elements

### Raincoat

- Waterproof
- Windproof
- Hood – preferably with a peak
- Length of Coat
- Fit
- Underarm zips



# The important outer layer



- Waterproof
- Fit - remember your trousers have to go under these.
- Easy to put on
- Leg zips
- Waist ties



# When purchasing your hiking clothing

- Think **high quality** hiking clothing. (For example you need to buy waterproof instead of water resistant)
- Read the **functional** information regarding wicking fabrics . You want clothes to wick, dry quickly, be odour resistant and durable.
- Buy clothing to be **fit for purpose**.
- When travelling your mid layers are excellent **travel** clothes
- You need to be able to **adjust** your layers as you hike- you can take off or add layers to keep your temperature ideal for both **enjoyment** and **safety**

Wet



Hot and Sunny



# Check in on your fitness

- **Check in via Facebook on Friday from noon – please do the update based on the following**
- **NEXT STEPS with your hike training plan**
  - **Where are you at**
  - **Where do you need to be**
  - **The GAP vs the GAIN**
  - **Has your confidence improved?**



# Questions?

- **Cardio/Breathing**
- **Blisters**
- **Missing plans & injuries**

