



PREPARING FOR YOUR OUTDOOR ADVENTURE



WHAT TO WEAR

- ✓ Hiking boots or shoes with good tread
*new boots cause blisters, so make sure your footwear is well worn in!
- ✓ Sun hat
- ✓ Layered clothing
*wool and synthetics are the best fabrics
- ✓ Wool socks
- ✓ Wind proof jacket/rain jacket



WHAT TO PACK

- ✓ Extra socks
- ✓ Warm sweater
*fleece is best
- ✓ Extra pants/shorts
*bring pants if wearing shorts, bring shorts if wearing pants
- ✓ Refillable water bottle



ABOUT FABRICS

Cotton, especially heavy fabrics like denim, absorb a lot of water and dries slowly. It also loses almost all of its insulating value when wet and does not keep you warm.

Synthetics such as polypropylene and nylon are lightweight, inexpensive and dry fast - fleece is a good insulator that also doesn't absorb moisture. This is why synthetics are recommended for most outdoor adventures.

Wool is another great outdoor fabric, it absorbs water, but the water is soaked into the centre of the fibres, making it feel dry. Wool is also comfortable over a wide range of temperatures, but it can be more expensive than synthetics and can be itchy.



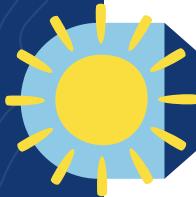
- **Avoid** bringing jeans or heavy cotton pants.
- **Avoid** large jackets, layers are better.
- **Avoid** heavy or unnecessary items. After all, you will have to carry it with you!
- **Avoid** highly absorbent clothes. Stick with moisture-wicking fabrics like polyester, polypropylene, nylon or wool.
- **Bring** a waterproof outer layer to stay adaptable.
- **Bring** a moisture-wicking base layer to keep you dry throughout the day.
- **Bring** a hat with a brim for keeping sun out of your eyes and protecting your face.
- **Bring** something to protect your skin. Sunscreen and UPF clothing are great.

WHAT'S THE WEATHER LIKE OUTSIDE?

Handy tips for dressing properly, no matter the conditions!

At Outward Bound Canada, we believe in the adage: ***"there's no such thing as bad weather, just bad clothing."***

There are so many benefits to spending time out in nature, and when we have the proper clothing for the season, it contributes to us having an even greater outdoor experience that we just can't find indoors. To help you select the right clothing for each season, we've compiled a few tips for you below.



TIPS FOR WHEN IT'S HOT OUTSIDE

- Apply sunscreen before going outside and bring it with you to reapply during the day.
- Wear a hat and sunglasses.
- Bring a refillable water bottle to stay hydrated.



TIPS FOR WHEN IT'S RAINING & WET OUTSIDE

- Avoid cotton! Cotton absorbs moisture and stays wet and heavy.
- Wear rubber boots to keep your feet dry.
- Selecting clothing with elastic sleeves and cuffs helps to keep water and insects out.
- Splash pants are a great option to help keep your legs dry.
- Pull your pant legs over your boots to help keep your socks dry.
- Bring an extra set of clothes, including waterproof mittens and a warm hat for cold and wet days.



TIPS FOR WHEN IT'S COLD OUTSIDE

- Dress in layers!
 - **Base Layer:** located closest to your skin, make sure this layer fits snuggly and is a fabric that helps wick moisture away. Look specifically for wool or polyester fabrics.
 - **Mid Layer:** this insulating layer is meant to keep you warm. For this layer, stick to wool or fleece.
 - **Outer Layer:** this layer protects you from the elements like wind, rain and snow. Choose something that is waterproof with enough room to add layers underneath.
 - **Important note about all layers:** for all layers, be sure to *avoid cotton*. Cotton absorbs and holds on to water, keeping you cold.

