

Spring/Summer/Fall Clothing Tips

"There is no foul weather...only poorly dressed people."

PRINCIPLES TO FOLLOW:

1. Be prepared. Have additional clothes beyond what you wear. Be ready for -10^0 to 45^0 F. Bring rugged duffel bag or backpack.
2. Dress by the following 3 Layer Principle:
 - A. First layer (Wicking) is closest to skin and wicks away perspiration to keep you safe, comfortable, warm, and dry. Best materials are silk, polypropylene, and Capilene. Remember that cotton, although comfortable when dry, is useless and dangerous when wet...and "wet" can be caused simply by sweating!
 - B. Second layer (Insulation) should keep you warm but not be overly bulky. Factors to consider: the temperature, wind chill, and your level of activity. Good materials are fleece, wool, down, other synthetics. Again, cotton is comfy and stylish, but useless when wet. Beware the sweatshirt!
 - C. Third layer (Shell-Wind/water) is the outer layer. Factors to consider: the amount of money you wish to spend, your level of activity, and the weather - wind only, light drizzle, or downpour. *The more intense the water, the more waterproofing you'll need. The more active you are, the more breathable you'll want your outer shell to be; a nice feature to look for is arm pit zippers which you can open or close to help control the amount of heat that is kept near the body. A third factor is the rugged-ability of the material; a fairly popular and reliable feature is "ripstop" nylon, which creates a series of 1/4" grids of stiff "tear resistant threads", as we call them, throughout the fabric and assisting in confining any ripping or tearing to a very small area of the coat.*

Plastic and rubber will be waterproof but won't breathe well (you'll be uncomfortable), will tear easily, and can be bulky. Good materials are treated nylon, Seal-kote, or oiled cloth. Some people prefer Goretex, which can be good, but there are plenty of good products, some perhaps less expensive than Goretex.
3. Don't skimp on quality or fit, and borrow where you can to save money.

SUGGESTED CLOTHING LIST:

- Shorts*
 - Sneakers (or boots for bad weather - make sure they are comfortable for you.)*
 - Tee shirt.*
 - Water resistant rugged duffel bag or backpack.
 - Sweater /Sweatshirt or Long-sleeved shirt.
 - Baseball cap (protect you from the sun.)
 - Light, loose-fitting jacket - windproof but not bulky, should allow freedom of movement,
 - Sweatpants, Painter pants, or *Loose-fitting* jeans.
 - Waterproof rain gear (Coat, definitely, pants optional).
 - Towel, extra socks, underwear, and shoes to change into if you get wet.
 - Sturdy plastic bag to store wet things away from dry.
 - Lip balm for chapped lips.
 - Sunscreen - even on a cloudy day.
 - Bug dope - 100% DEET or SkinSoSoft.
- *You will probably want to wear at least these, bring everything else in your bag.**