

# Clothing- *Remember the 3 Ws*

- 1. Wick – the moisture away
- 2. Warmth – insulate with wool/fleece
- 3. Weather – stay dry with rain jacket

## WICK



Quick Dry Shirt  
S/S and L/S



Convertible pants  
nylon



Quick Dry underwear



Wool, Nylon/spandex

## WARMTH



Wool/poly blend baselayer



Synthetic cap, gloves



¼ zip pullover fleece



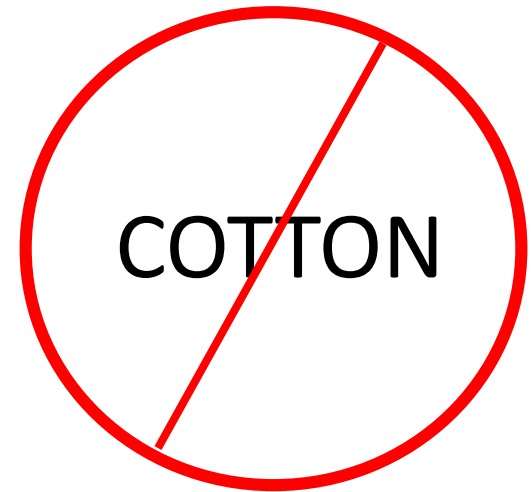
(inexpensive) down jacket

## WEATHER



Rain jacket  
(quality)

# *Not Recommended*



- Poor insulator
- Will not dry if gets wet
- Bulky

# Shoes



Hiking or Trail Running shoes

\*Breathable waterproof capability, e.g., GoreTex

# Sources

## Amazon

- Quick Dry
  - Shirts
  - Socks
  - Underwear
- Nylon convertible pants
- ¼ zip fleece (Amazon Essential - \$20)
- Caps/Gloves

Outdoor gear sites (baselayers, socks, fleece, down, shoes)

<https://www.steepandcheap.com/>

<https://www.backcountry.com/>

<https://www.sierra.com/>

Rain Jacket – good price/quality brands

- REI brand
- Marmot Precip
- Columbia