

# HIKING & CYCLING IN THE RAIN

The Pacific Northwest is notorious for being wet, cold, and gray in the fall and winter months. Don't let our gray winters keep you inside. Here are a few tips and tricks to keep you exploring the outdoors year-round.

- **WATER PROOF:** get a good breathable, waterproof raincoat and rain pants. Breathability is key in the PNW, where the temperature never gets that low, and there is always moisture in the air.
- **LAYERS:** wear thin layers you can take on and off easily to regulate your temperature rather than one heavy insulating layer.
- **WOOL:** try a merino wool layer. They keep you warm when damp and don't get stinky like many synthetic materials.
- **DON'T:** wear cotton. Cotton gets wet and stays wet! and can actually cool you more rapidly than wearing your birthday suit.
- **FOOTWEAR:** Get good waterproof biking boots. Consider wearing a gator over the top to keep water or snow from dripping down into your shoes. If you're cycling, consider booties that go over your shoes. They might not keep you totally dry, but they provide a lot of warmth.
- **GLOVES:** bring multiply pairs of thin gloves and waterproof shell. If cycling, wind is you enemy, get water and windproof gloves.
- **BIKE SPECIFICS:** Get fenders, full fender if your bike can take them. You may think, "I'm gonna get wet anyway, whats the point?". Trust me, the difference between getting you feet and behind "power washed" with rain spray or not, make a huge difference in getting out rain or shine.
- **SNACKS AND BEVERAGES:** be sure to have good snacks, things you enjoy eating. It is really important to eat when it is cold (you burn more calories). Hot tip, bring a thermos of coco, tea, or coffee!!
- **MINDSET:** go out knowing your prepared and that you'll likely get wet. Take the time to plan ahead with dry clothes at the TH and maybe a favorite TH snack. Inviting friends helps keep you accountable when all you want to do is stay home. But, once you get out there you'll be glad you did!

## Hiking Packlist

- waterproof shoes or boots
- layered clothing
- breathable jacket and pants
- gloves
- pack cover
- hot drink in thermos
- hat with a brim
- 10 essentials

## Cycling Packlist

- waterproof jacket
- rain pants or insulated pants
- shoe covers
- wind & waterproof gloves

