

Title:

Tips For What To Bring While Vacation Hiking And Walking

Word Count:

546

Summary:

Here are some suggestions for your walking - hiking vacation equipment. This is not intended a

Keywords:

vacation, travel, walking, hiking

Article Body:

Here are some suggestions for your walking - hiking vacation equipment. This is not intended a

The most important item to bring is a quality comfortable daypack or backpack to carry your go

You can also look for packs that have an attached belt that goes around the waist. This can he

Make sure you get a pack that is big enough to carry the items you have chosen to bring. This

Look for a pack with quality material that will hold the shape. Multiple compartments can be u

If on a guided tour, keep in mind that the company will probably be moving the big baggage for

Water is not an optional item. You should carry enough water to last for the whole duration of

The Food that you bring will depend on your individual tastes and the nature of the walk you a

When it comes to clothing - be prepared for anything.

The key is layers so that you can adjust easily to changes in weather and temperature. For the

This includes your socks. A thin inner poly layer can be covered with a thicker layer of anoth

The outermost layer should be wind resistant and don't forget a raincoat. If you are properly

Make one of your optional layers a heavy wool sweater along with warm wool hat. These can be e

You can never count on fair weather. Plan for the worst. But don't let a little bad weather di

Invest in a good pair walking, running or hiking shoes that do not bind either at the toes or

A hat, preferably with a wide brim, will help keep you cool and protect you from the sun. A ba

Sunglasses with polarized lenses are essential eye protection.

For skin protection you will need +30PF or higher sunscreen.

Walking Stick

Moleskin or molefoam for blisters

Insect repellent

Map

First-aid kit

Flashlight (make sure the batteries are fresh)

Camera, film

Notebook and pen

Binoculars

Compass

GPS

Pedometer

Electrical outlet converter (depending where you travel)

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