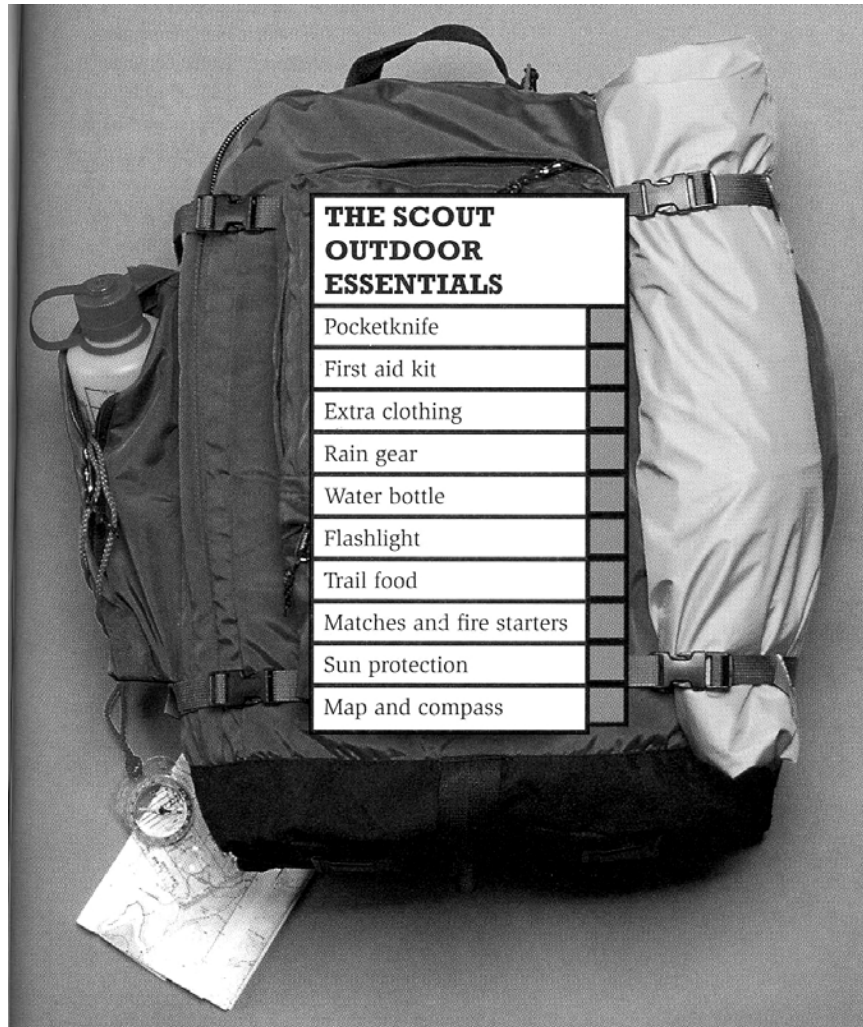


# Preparing for Adventure

Featured Website of the Month  
The Backpacker <http://www.thebackpacker.com/>



## Rainy-Day Hiking

Want to stay dry while hiking?  
Learn how to let the wet out.



Rain may drench you on the outside, but inside, you'll stay drier if you open every vent (pit zips, core vents, front zippers) as wide as the rain allows.

When rain comes, it's easy to stay dry in camp, especially if you follow the advice we offered in *Know-How* in October 2001. But start hiking and your body creates its own rainstorm in the form of sweat and body heat. Here's how to minimize the sauna effect:

- >> Dress lightly and slow down. Wear layers in cooler conditions and shed them as you begin to heat up. Take a rest break when you begin to feel damp.
- >> Wear synthetic, wicking fabrics like polypropylene that move moisture away from the skin so you stay dry.
- >> Don rainwear when a storm threatens—if you wait until you're wet, that's how you'll stay. You're more likely to stop to pull on pants if they slip easily over boots.
- >> Wear waterproof/breathable clothing. Just because your body sweats more than the fabric can release doesn't mean that the high-tech cloth doesn't help. The moisture that many people think is leakage is *usually* condensing sweat, but there will be less of it in a breathable garment.
- >> Keep your hands down and your jacket cuffs open. This helps circulate air beneath your shell.
- >> Pull up your shirt sleeves so the cuffs don't get wet.
- >> Wear gaiters and shingle your rainpants over them. Otherwise, it's almost impossible to keep boots dry.
- >> Wear a wide-brimmed rainhat so you can keep your hood down for ventilation.

—John Harlin

Always pack the 10 essentials. And no matter how clear the skies might be as you pack for a trek, prepare for nasty weather! Bring raingear that is *waterproof*—either plastic, coated nylon, or Goretex. And make sure to pack everything in plastic bags inside your pack, including lining your sleeping bag stuff sack with a plastic trash bag. If it rains, not only will you get wet, but so will your gear. Be prepared!