



AUTUMN NORDIC WALKING KIT GUIDE

Autumn Nordic walking requires clothing that balances warmth and breathability while accommodating varying weather conditions. Here's what to wear:

1. **Base Layer:** Moisture-Wicking.

- A lightweight, moisture-wicking base layer to manage sweat.
- Opt for synthetic or merino wool materials.

2. **Mid Layer:** Light Insulation.

- A fleece jacket, lightweight sweater, or vest to provide warmth.
- Choose something you can easily remove if you warm up.

3. **Outer Layer:** Weather Protection.

- A windproof and water-resistant jacket (softshell or light rain jacket).
- Look for breathable options to prevent overheating during activity.

4. **Leg Wear:** Comfortable and Weather-Resistant.

- Wear flexible, weather-resistant walking pants or leggings.
- Consider water-repellent materials for damp conditions.

5. **Footwear.**

- Sturdy, waterproof walking shoes with good grip for wet or muddy trails.
- Pair them with moisture-wicking or wool socks to keep your feet dry and warm.

6. **Accessories.**

- Light Gloves: Thin, breathable gloves to keep your hands warm if it's chilly.
- Hat or Headband: A lightweight hat or headband to protect your ears from the wind.
- Neck Gaiter or Buff: To shield your neck or face from cooler breezes.

7. **Layers for Variable Weather.**

- Carry a packable rain jacket or an extra layer in case the weather changes