

EVERYDAY ESSENTIALS FOR YOUR NEXT

MorningWalk

DAILY GEAR:

- Running shoes
- Wool socks
- Joggers/tights/leggings/
skort/shorts
- Technical fabric t-shirt
- Lightweight coat
- Reflective leg
bands/headlamp
- Fitness tracker (optional)
- Phone and whistle
- Chocolate
- Tell someone where you
are going
- Walking friend

BELOW ZERO (32°F):

- Foot warmers
- Fleece leggings over tights
- Wool long-sleeved shirt
- Technical-fabric top with
thumbholes
- Down vest/jacket
- Reflective leg
bands/headlamp
- Fleece neck gaiter
- Wool Hat
- Gloves and/or mittens
- Phone and whistle
- Walking Poles (optional)
- 2x chocolate

