



SPRING NORDIC WALKING KIT GUIDE

Spring Nordic walking requires adaptable clothing to handle fluctuating temperatures and potential rain while staying comfortable and dry. Here's a guide:

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

- A thin, moisture-wicking shirt or top (synthetic or merino wool) to manage sweat.
- Avoid cotton, which retains moisture.

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

- If it's cooler, wear a lightweight fleece, vest, or long-sleeved top for extra warmth.
- Choose something easy to remove if the weather warms up.

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

- A breathable, windproof, and water-resistant jacket (softshell or light rain jacket).
- Opt for a packable rain jacket in case of spring showers.

4. **Bottoms:** Lightweight and Flexible.

- Wear comfortable, lightweight walking pants or leggings.
- If trails are wet, consider water-resistant pants or gaiters to keep your legs dry.

5. **Footwear.**

- Sturdy, breathable walking shoes with good grip for muddy or uneven terrain.
- Use moisture-wicking or thin wool socks to keep your feet dry and comfortable.

6. **Accessories.**

- Light Gloves for cooler mornings or windy days.
- Hat, Cap, or lightweight beanie or baseball cap to protect against wind, sun, or drizzle.
- Neck Gaiter or Buff, useful for temperature changes and wind protection.

7. **Sunglasses and Sunscreen.**

- Protect your eyes and skin from UV rays, which can be stronger in spring.

8. **Small Backpack or Waist Pack.**

- Carry a light pack for layers, water, snacks, or an emergency rain jacket.