



SUMMER NORDIC WALKING KIT GUIDE

For summer Nordic walking, focus on lightweight, breathable, and moisture-wicking clothing to stay cool and comfortable. Here's what to wear:

1. Top Layer: Lightweight and Breathable.

- Wear a moisture-wicking T-shirt or top (synthetic or merino wool).
- Opt for fabrics with UV protection for added sun safety.

2. Leg Wear: Lightweight and Flexible.

- Choose lightweight, quick-drying shorts, capris, or leggings.
- Avoid heavy or restrictive materials that trap heat.

3. Footwear.

- Use breathable walking shoes or trail runners with good grip for dry and uneven terrain.
- Pair with moisture-wicking socks to prevent blisters and keep feet dry.

4. Accessories.

- Cap or Sun Hat: A wide-brimmed or baseball cap to protect your head and face from the sun.
- Sunglasses: Use UV-protective sunglasses to shield your eyes.

5. Sunscreen.

- Apply sunscreen with at least SPF 30 to exposed skin to prevent sunburn.

6. Light Rain Jacket (Optional).

- Carry a lightweight, packable rain jacket in case of summer showers.

7. Hydration Gear.

- Use a hydration pack, water bottle, or waist belt with a water holder to stay hydrated during your walk.