



WINTER NORDIC WALKING KIT GUIDE

Winter Nordic walking requires functional and comfortable clothing that keeps you warm, dry, and safe while allowing for a good range of motion. Here's a guide on what to wear:

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

- Choose a thermal or moisture-wicking base layer (merino wool or synthetic fabrics).
- Avoid cotton, as it retains moisture and can make you feel cold.

2. **Mid Layer:** Insulation.

- Wear a fleece jacket or lightweight insulated layer to trap warmth.
- Look for materials like down, synthetic insulation, or thicker fleece.

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

- Select a waterproof or windproof jacket (softshell or hardshell).
- Ensure it is breathable to prevent overheating.

4. **Leg Wear:** Insulated and Flexible.

- Wear thermal leggings or insulated pants designed for winter activities.
- Consider adding windproof or waterproof overpants if conditions are wet or windy.

5. **Accessories.**

- Hat: With a fleece-lining or wool beanie to keep your head warm.
- Gloves: Insulated, waterproof, and breathable gloves.
- Neck Warmer or Buff: To protect your neck and lower face from wind and cold.

6. **Footwear.**

- Insulated, waterproof walking boots or sturdy trail shoes with good grip.
- Add wool or thermal socks for warmth.