

AcadianXU Clothing Recommendations 2020

Clothing Type	Style	Brands	Notes
Hiking Shoe/Boot	<i>Boot/Shoe/ Trail Runner</i>	Salomon Merrel Obre La Sportiva	Some people like to wear a pair of light trail running shoes instead of boots. Most prefer boots in order to keep ankle stable. Feet will get wet so Gor-tex lined are recommended.
Base Layers	<i>Torso</i>	Tesla Patagonia Norrna SmartWool	Must wick away moisture, contact the skin, and recommended to have anti-microbial properties.
	<i>Legs</i>	Tesla Under Armor	Must wick away moisture, contact the skin, and recommended to have anti-microbial properties.
Middle Layer	<i>Fleece/Puffys/ Synthetics</i>	Mountain Hardware REI Co-Op North Face Arc'teryx Patagonia	Insulation layer for thermal protection. Can include fleece and puffy jackets. A synthetic fill is recommended for damp conditions
	<i>Leggings</i>	SmartWool Ortovox Outdoor Research	Insulation layer for thermal protection.
Outer Layer	<i>Hardshell/Softshell/ Windshell</i>	Patagonia Outdoor Research Mountain Hardware Rab Arc'teryx Mammut	Should be durable, moisture resistant, quick drying and light weight.
	<i>Pants/Shorts</i>	Kuhl Outdoor Research REI Co-Op Arc'teryx	Should be durable, moisture resistant, quick drying and light weight.
Briefs/Boxers	<i>Synthetic/ Merino Wool</i>	Exoficcio Saxx (Quest 2.0) SmartWool Icebreaker	Needs to be synthetic, anti-microbial, breathable, and moisture wicking. At least 3 pairs.
Socks	<i>Hiking Sock</i>	Smart Wool Darn Tough Wigwam	Good hiking socks are a must. A two-layer system is recommended to reduce friction. A good Merino Wool is recommended. You will need at least 3 pairs.
	<i>Sock liner</i>	REI Co-Op Injinji Sealskinz	
Head Gear	<i>Beanie</i>	Smartwool Outdoor Research North Face	Should be snug on your head and keep you warm and effectively cover your ears.
	<i>Neck Gaiter/ Cravat</i>	Buff	Most versatile piece of clothing you will have. A must on the trail.
Gloves	<i>Hiking</i>	<i>Any reasonable brand should do</i>	Gloves - a good pair of padded fingerless biking gloves will help prevent blisters when using trekking poles.
	<i>Liner</i>	Outdoor Research Manzella Sealskinz Arc'teryx	Should keep your hands warm up to 30° F, recommend to be water resistant and touch screen compatible
	<i>Thermal Gloves/ Mittins</i>	Outdoor Research Black Diamond Manzella Hestra	Waterproof is preferable. Need to keep you warm even when wet outside.
Rain Shell	<i>Jacket/Pants</i>	REI Co-Op Arc'teryx Outdoor Research Rab Marmot	The rain shell needs to breathe properly allowing heat to escape. If not you will become overheated when hiking.