



Hot Weather Hiking Tips

Summer will be here before you know it. Summer hiking is an entirely different experience and being prepared to hike in high temperatures will make for a more enjoyable hike.

What to Wear Hiking?

Wearing light colors that reflect the sun's rays rather than absorb them (as dark colors can) helps keep you cool. Look for shirts, shorts and pants in white, tan or khaki. Lightweight, loose-fitting clothing that breathes well will help your body regulate temperature. Nylon and polyester are good choices.

Outdoor Clothing and Boots in Summer

The same happens with summer hiking pants. Choose summer hiking pants with zippers so you can remove part of the legs and turn them into shorts. These pants are from unique lightweight material that allows your skin to breath. Summer hiking pants dry fast even after soaking them into water and moisture from sweating "escapes" in the same way.

On a hot day, keep your feet dry. You need to wear socks and shoes that permit proper ventilation. Smart Wool or Merino Wool is always a good choice for summer hiking socks and they come in various thicknesses depending on the season you are hiking. Make sure your boots allow air to circulate, and your feet feel comfortable in them--not too tight or loose. Break in your boots by doing some short hikes. Depending on the terrain, a good pair of trail running shoes can also work well. On days when there is rain in the forecast, remember to wear your waterproof boots. It's a good idea to carry rain jacket/poncho and rain hat in your pack in case the weather changes.

Which Hiking Routes to Choose When Hiking in Summer?

Many hikers believe that heat is the same on any day in summer hiking. Heat, along with humidity levels, can change depending on location and existing conditions. You need to keep a note of the places you want to hike and get information about weather conditions and their difficulty level. As mentioned, proper planning and knowledge of the terrain are crucial for your well-being during your summer hiking

Essential Tips on Hot Weather Hiking

Avoid the hottest time of day which is usually around noon to 3 p.m. On scorching days, it can be best to avoid this time altogether by getting an early start and ending your hike by early afternoon, or heading out sometime after 3 p.m. If you can't avoid hiking during the warmest hours, try to plan your trip so you'll be in the shade or near a body of water during that time.

A brimmed hat is an excellent solution for hiking with hot weather, as it protects your neck along with your head. Remember to apply sun cream to all exposed parts of your body. It may seem counter intuitive to put extra clothes on in hot weather, but the added coverage can provide necessary protection from UV rays, especially for people with sensitive skin. A lightweight long-sleeve shirt, sun sleeves and a neck gaiter can provide effective protection.

Plan Your Water for Hiking in Summer

How much you need to drink while hiking depends on a number of factors, such as temperature and humidity, your intensity level, your age, your body type and sweat rate, as well as the duration of your hike. A good general recommendation is about a half liter of water per hour of moderate activity in moderate temperatures. From there, you may need to increase how much you drink as the temperature and intensity of the activity rise. For example, strenuous hiking in high heat may require that you drink one liter of water or more per hour. As you gain experience, you'll be able to fine-tune how much you drink.

Always plan to bring extra water on hotter days. If you use a bladder, it's a good idea to carry a smaller water bottle with some electrolytes like Gatorade or Nuun tablets. Energy gels full of electrolytes can be beneficial on a long hike under hot conditions. During summertime, dehydration can lead to fatigue, feeling sick, and even heat exhaustion or worse heat stroke. Remember: HYDRATE, HYDRATE, HYDRATE!!!!!!

Get Wet While Hiking in Summer

A great way to deal with heat. Hikers simply dip their hats, scarfs, bandanas, shirts, shorts/pants in water, and just wear them. On a hot day, these will dry up fast. Do the same with pouring water over your head. The water has an evaporative cooling effect while providing you with the necessary temperature reduction protecting you from heat exhaustion or symptoms of heatstroke.

Pesky Insects

This is where that bug spray comes in handy! Be sure to spray this on clothing like shirts, pants, and socks, but read the instructions first, as some bug sprays are not suitable for fabrics like rayon and spandex. In addition, tuck your pants into your socks and opt for light-colored clothing so you can spot any pesky bugs on you. For ticks, avoid tall grass, use a DEET-based bug spray, and check yourself for ticks as often as you can, especially after you arrive home from your hike. A bug net is helpful if the bugs are unbearable.

Following such simple instructions allows you to enjoy hot-weather hiking with the least possible trouble. Heat need not to be an obstacle to keep you from hiking, but just another thing to handle. Enjoy your hiking in summer and all year long!