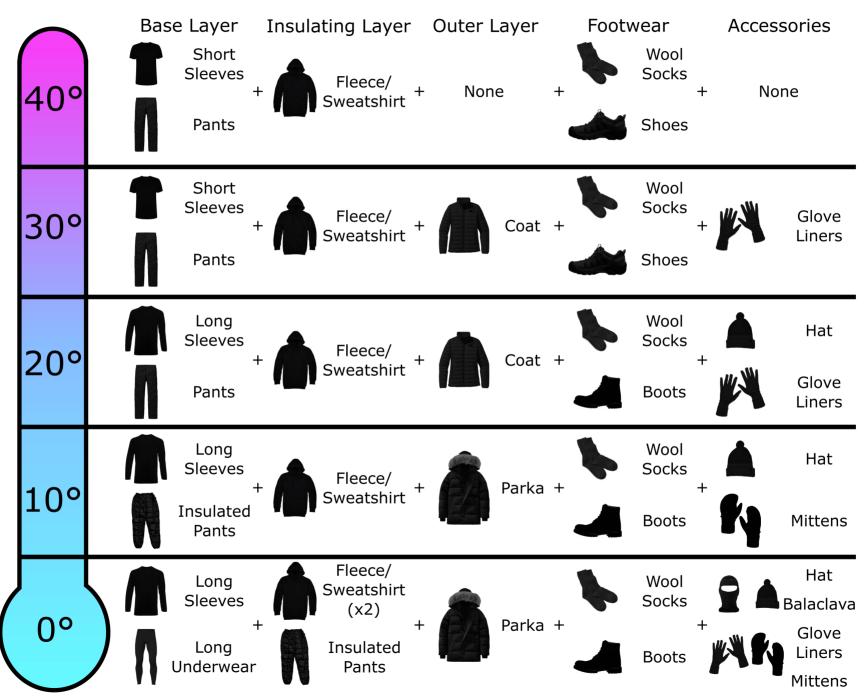
## NoCoastBestCoast.com's Winter Hiking Clothing Guide



Thank you to Dr. Jean Coffey on the steering committee for sharing this guide. We recognize that going outdoors in the winter can be difficult for many reasons. There's less daylight, colder temperatures, and less green plants to see. But a winter landscape can be healing and beautiful as well! Look into local thrift stores and swap events around campus to try and find appropriate and budget friendly gear. When trying to determine whether the gear is appropriate, remember that ideally, base layers should be wicking and outer shells will be breathable. If you have any questions, please reach out to NatureRx (cynthia.s.jones@uconn.edu) or the UConn Adventure Center for tips (https://recreation.uconn.edu/adventure-center/).

