

## **It's All About Layers**

Dressing up for a hike is all about comfort and adaptability. You never know how the weather will change and how you feel during a hike.

As you go up a mountain, the temperature drop and the difference can be significant. Being able to adapt to different conditions is the key.

Layers will provide you the necessary clothing to face weather variation. You should go for items easy to put on and take off.

Merino wool is often preferred for the base layer for its comfort, breathability and "odor-reducing" properties.

You can find complementary infos with the links below:

[Extra content on layering ;\)](#)

[Explanation on video :\)](#)