

# Equipment

# Hiking and Mountaineering Boots

## Boots

We choose our boots based on the usage and fit. What kind of hike or expedition we plan: long trip, heavy backpack on a snow, bad terrain in a mountain or just a light walk into the forest?

## **Hiking boots**

Hiking boots are made for use on rocks, mud, grass, and any other terrain found in the mountains. There are different type of hiking boots, some used for rocks some for alpine, icy conditions.

## **Mountaineering boots**

Mountaineering or alpine boots are high-top footwear that is primarily designed for use in mountainous terrain, such as permanent snowfields, glaciers, and alpine rock. They are very stiff and often contain a solid shank underfoot to provide a rigid sole, which is preferred for steep snow and ice climbing.

## ABCD Classification

In order to be able to properly measure how efficient the hiking boots are for different conditions, Meindl and Hanwag have introduced the ABCD classification. The classification indicates the stiffness of both the shaft and the sole.

A is the least rigid shoe, best suited for roads and easy terrain  
C-D representing rock and ice climbing shoes

### Hiking boots - category

- ▶ **A and A/B** - for walks and easy hikes on solid paths and in low mountain ranges
- ▶ **B and B/C** - for demanding mountain hikes and trekking tours on trails and via ferratas
- ▶ **C and D** - for off-trail summit mountain tours with rock and ice contact. Crampon resistant

# Hiking and Mountaineering Boots

## ABCD Classification

# Hiking Footwear



Type A

Light, easy hikes      **Type A**

Demanding hikes      **Type B**

Mountain hikes      **Type C**

Alpine, icy hikes      **Type D**



Type B



Type C



Type D

## Example

- ▶ **A** hikes on gravel roads or very easy trails
- ▶ **B/C** steep, rocky, muddy and tree covered terrain. (Repovesi, IsoJarvi, Halti)
- ▶ **C/D** very steep, rocky, more demanding terrain and glaciers. (Kebnekaise, Lyngen Alps, Mont Blanc)

**NO SPORT SHOES FOR HIKING or MOUNTAINEERING**

## Finnish conditions

"In Finnish conditions, B and B/C shoes are the most suitable for hiking, depending on the terrain, backpack and user. As a general rule, the more weight you put on the shoe, the stiffer the sole should be. In more challenging terrain, proper ankle support is also important. Lightweight, flexible shoes are best suited for hikers with light loads and for easier terrain."

See more: [How to choose hiking boots](#)

# Hiking and Mountaineering Boots

## General rules



Type A



Type B



Type C



Type D

# Clothing

## Layering Basics

## **Clothing**

When hiking the best approach for clothing is the ancient art of layering. We dress in layers. This simple layering system acts as an thermostat no matter of the weather or season. It is very simple to use and it is a tried and true strategy for clothing in mountains, cold or hot weather conditions.

## The functions of each layer

- ▶ **Base layer** underwear layer, wicks sweat off your skin
- ▶ **Middle layer** insulating layer, retains body heat to protect you from the cold
- ▶ **Outer layer** shell layer, shields you from wind and rain

**But how do we ensure our clothing equipment is lightweight and breathable?**

**One Single Answer  
Merino Wool**

## **Merino Wool**

Merino wool clothes are exceptionally lightweight and breathable, making them the perfect selection for layering for hiking, trekking and mountaineering.

## **Merino Wool**

Merino has the remarkable ability to regulate your body temperature so that no matter what activity you're doing (or how quickly you're doing it) you can stay warm during cold days and cool on hot ones. It will regulate to keep you cool in different conditions.

## Merino Wool Properties

- ▶ Comfortable
- ▶ Anti-odor
- ▶ Fire resistant
- ▶ Durable
- ▶ Sweat Wicking
- ▶ Anti-static
- ▶ Lightweight
- ▶ Insulates
- ▶ Sustainable
- ▶ Anti-Microbial
- ▶ UV protection
- ▶ Biodegradable

### **Staying warm is key: from the inside!**

- ▶ **Base layer** Devold Breeze, Devold Expedition (winter)
- ▶ **Middle layer** Devold Nibba, Devold Thermo (winter)
- ▶ **Outer layer** Devold Nibba, Devold Thermo (winter)

In this example I used Devold and their own Merino wool products.

# Clothing. Layering Basics

Merino Wool

## The Layering System



The basic underwear layer, wicks sweat off your skin

**Base Layer**



Insulating layer, retains body heat to protect you from the cold

**Mid Layer**



The shell layer, shields you from wind and rain

**Outer Layer**

## Trail Levels

**Hiking and Mountaineering**



Expert



Difficult



Medium



Easy

# DIFFICULTY LEVELS

Hiking and mountaineering

