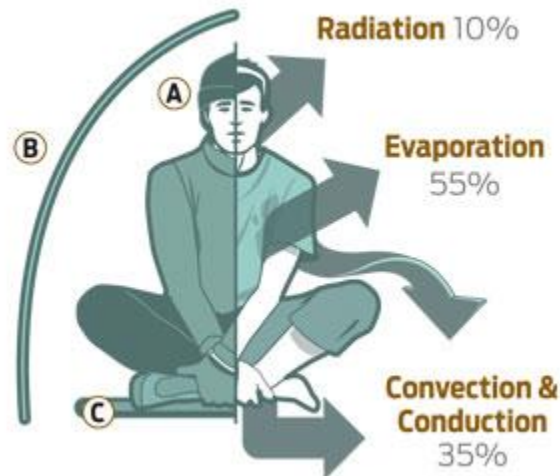


Fall Hiking: On the Trail

Stay warm while hiking in the fall with these temperature-regulating tips.

By: Jason Stevenson, Backpacking Magazine



Defeat Heat Thieves

- » **Radiation** Any time air temperature is below 98.6°F, bare skin vents heat. **Fix** Cover exposed skin with gloves, a hat (A), neck gaiter, and a face shield. Go inside a shelter, which traps body heat.
- » **Evaporation** During a tough hike, cooling sweat could drench your layers—and drying them wastes energy. **Fix** Adjust pace and clothing to avoid excess sweating, and slow down 30 minutes before reaching camp to let body heat dry baselayers.
- » **Convection** Moving air cools skin fast—that's why windchill makes temps feel colder. **Fix** Wear windproof outer layers, seek shelter (B), and plan a route with minimal wind exposure, like a forest or a canyon.
- » **Conduction** Contact with frigid surfaces siphons heat as the temperatures equalize. **Fix** Insulate sleeping and sitting surfaces with your pack or sleeping pad (C), or even dry leaves.

Eat Your Way to Warmth

- » **Switch to a high-fat diet.** Calorie-dense foods like chocolate, nuts, and cheese metabolize slowly, prolonging digestion's hour-long, body-warming effect.
- » **Drink green tea.** Catechin-packed tea boosts metabolism, and hot drinks in general cause sensors in your arteries to shuttle more blood to your extremities, making you feel warmer.
- » **Add oil and spices.** Olive oil is a caloric H-bomb, and eating mild spices (ginger, nutmeg, and cinnamon) increases blood flow to the skin. Beware of capsaicin in hot chilies; it'll make you sweat.