

# Mindful Outdoor Experience

## G E A R L I S T



Wear clothing appropriate to the weather conditions and for sitting outside (no cotton!):

**Winter** – dress in layers:

Base layer - merino wool or a synthetic blend thermals

Mid layer – fleece or wool

Outer layer – warm and water resistant is best

Warm hat, gloves or mittens, hand warmers, warm socks

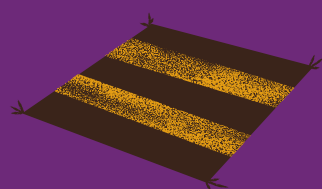
**Warmer weather** - merino wool or synthetic T-shirt with long sleeve layers. Consider warmer, packable jacket in backpack



Comfortable hiking shoes (something with a nonslip sole is best. Sneakers and sandals are not recommended unless they are trail runners or sandals made for hiking)

Snow boots or waterproof/insulated hiking boots for snow

Mud boots or waterproof hiking shoes during wet/muddy seasons



Something to sit upon – a thick towel or small mat, small lightweight chair or stool that you don't mind carrying, (Suggestion: a plastic Amazon envelope works nicely to protect from wet ground, is lightweight, and doesn't take much room in a bag or backpack)



Water/water bottle

Thermos or travel mug of coffee/tea, if you wish

A snack or two

Bag or backpack to carry everything



Sunglasses

Journal and something to write with

A mask

For rainy days – rain pants and rain jacket with a waterproof shell and hood

Change of clothes and shoes to leave in your car

\*Please no children or pets



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