

MAKING LIFE MORE FUN

Cold Weather Tips For A Better Outdoor Experience

(NAPSA)—Whether you're skiing, hiking or camping, your next trip into the great outdoors could be even better with a little planning. Try these tips:

Stay Safe

Be sure to pack a basic outdoor first aid kit that includes bandages, ibuprofen and antibiotic ointment. It's also vital that you share your nature plans with someone who is staying home. Let him or her know where you plan to go, how long you plan to stay and when you should return. If you can, it's a good idea to provide that person with a map of the area you will be visiting as well.

Eating On The Trail

Try to pack smaller, nutrient-dense foods such as apples, nuts, cheese and beef jerky. They can provide you with the energy boost you need while hiking or skiing but won't weigh your pack down. Also, remember to drink plenty of water whatever the weather. Dehydration can occur when it is hot or cold outside.

Gathering Gear

You can improve your outdoor experience by staying comfortable and protected with the right gear. To learn more, you may want to check out the "Know What's Inside" tour. The cross-country adventure is designed to educate outdoor enthusiasts about what's inside GORE-TEX and WINDSTOPPER products that makes them unique. Last year, 50,700 people experienced the tour, which made 59 stops to retailers and consumer events and drove more than 41,211 miles.



A national tour lets people test outdoorwear in an extreme weather chamber.

The tour features a mobile extreme weather chamber where visitors can choose from a wide range of weather conditions to test different outdoorwear. Other interactive elements include a Reason To Believe Station where various demonstrations will showcase windproofness, waterproofness and breathability.

The national tour also includes a footwear and coat drive coordinated with One Warm Coat to help support local communities. The campaign will stop in 50 cities and ask consumers to clean out their closets by donating lightly used jackets, hats, gloves or footwear to those in need. All donated outdoorwear is distributed in the local community. Gore and One Warm Coat encourage consumers to share what's inside their hearts and make a donation when the tour stops in their city or log on to www.onewarmcoat.org to make a donation.

For more information, visit www.gore-tex.com.