

# Active Lifestyle

## Getting Ready For The Great Outdoors

(NAPSA)—Whether you are taking a daylong hike or considering a camping trip, preparation is key if you want to make your excursion memorable and comfortable. Here are a few tips to consider when embarking on an outdoor adventure:

First, make sure your body is well protected. A comfortable pair of hiking boots to protect your feet is a must-have. Many people make the mistake of wearing brand new shoes on a trip that involves a lot of walking. Experts recommend breaking in your new boots beforehand by wearing them outdoors for at least a few days—this will prevent blisters in the long run. Don't forget to bring socks that are well suited to hiking shoes. Socks, made out of merino wool are the best. Avoid cotton socks, since cotton retains moisture and that's what causes blisters. If you are planning on any water-related activity during your trip, consider bringing water shoes. For under \$10, this affordable purchase can save your feet from sharp rocks.

If you can't fathom living without your iPhone even in the toughest terrain, be sure to purchase a protective case to prevent damage from the outdoors. One of the toughest cases on the market



**If you take your cell phone, be sure to invest in a protective case.**

is the new Case-Mate Tank case. Tank is built to military standards, making it tough enough for military personnel. The case also features a retractable screen cover that offers incredible screen protection. Visit [www.case-mate.com](http://www.case-mate.com) for more information.

Finally, a quality camping or hiking backpack is essential for a safe and enjoyable outdoor experience. Make sure the backpack is sturdy and will hold everything you need without aggravating your back. Other important items to bring are a rain poncho, waterproof matches, a first-aid kit, a compass, emergency whistle and plenty of water and trail mix to last for the duration of your trip. Follow these easy tips and you'll be sure to have a safe and enjoyable time in the great outdoors.