



What to Wear: Walking Clothing

Your walking clothing should be comfortable and loose fitting to allow you to move.

- In cool weather, dress in layers that can be removed and put back on as you warm up and cool down.
- Consider clothes made of high-tech fibers, such as CoolMax, if you are going to sweat. These types of clothes wick the sweat away from the body in order to prevent excessive cooling of the body.
- Wear socks that are comfortable. For long walks, consider socks made of high-tech fibers instead of cotton. They can keep your feet from blistering.
- Wear a hat to prevent sun exposure.

This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.

What to Wear: Walking Clothing

Your walking clothing should be comfortable and loose fitting to allow you to move.

- In cool weather, dress in layers that can be removed and put back on as you warm up and cool down.
- Consider clothes made of high-tech fibers, such as CoolMax, if you are going to sweat. These types of clothes wick the sweat away from the body in order to prevent excessive cooling of the body.
- Wear socks that are comfortable. For long walks, consider socks made of high-tech fibers instead of cotton. They can keep your feet from blistering.
- Wear a hat to prevent sun exposure.

This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.



What to Wear: Walking Clothing

Your walking clothing should be comfortable and loose fitting to allow you to move.

- In cool weather, dress in layers that can be removed and put back on as you warm up and cool down.
- Consider clothes made of high-tech fibers, such as CoolMax, if you are going to sweat. These types of clothes wick the sweat away from the body in order to prevent excessive cooling of the body.
- Wear socks that are comfortable. For long walks, consider socks made of high-tech fibers instead of cotton. They can keep your feet from blistering.
- Wear a hat to prevent sun exposure.

This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.

What to Wear: Walking Clothing

Your walking clothing should be comfortable and loose fitting to allow you to move.

- In cool weather, dress in layers that can be removed and put back on as you warm up and cool down.
- Consider clothes made of high-tech fibers, such as CoolMax, if you are going to sweat. These types of clothes wick the sweat away from the body in order to prevent excessive cooling of the body.
- Wear socks that are comfortable. For long walks, consider socks made of high-tech fibers instead of cotton. They can keep your feet from blistering.
- Wear a hat to prevent sun exposure.

This walking tip sheet was adapted from Simple Steps in Dakota County; developed by the Dakota County (MN) Public Health Department.