

Practical, age-friendly tips for being *out there* in the mountains

Lightweight gear:

- Understanding tents: <https://coolofthewild.com/parts-of-a-tent/>
- Lightweight backpacks: Ultralight backpacks weigh below 3lbs, [Zpacks](#) or [Exped](#) are respected suppliers.
- Water filters: How to choose a [backpacking water filter](#). Pay attention to the effort needed to operate the water filter.

Accessories:

- Trekking poles: I use lightweight poles by [Komperdell](#), an Austrian manufacturer.
- Umbrella hats: I have no experience with umbrella hats, but here is a link to a [website](#) to dip your toes in.
- Supportive footwear: Foot wear is very personal. I go between heavy duty hiking boots and trail running shoes. Many through hikers (long distance hikers) wear trail running shoes.

