



## Body + Soul

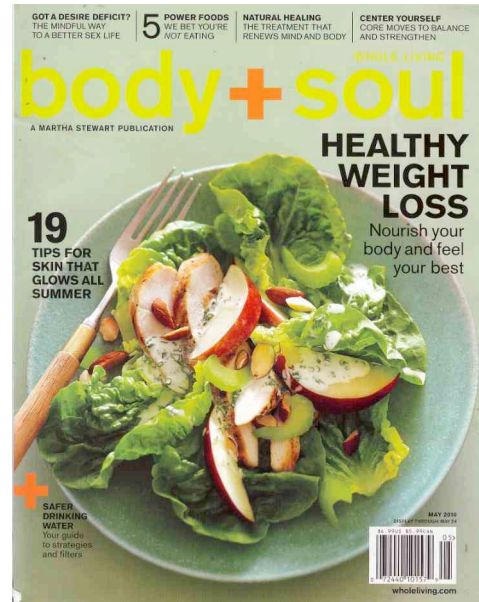
May 2010

Climb Every Mountain: Suit Up

Featuring: The Stratos 24

Circulation: 678,136

Readership: 2,034,408



Gear



**1 SAHARA CADET CAPE HAT BY REI** Keeps the sun off your face and neck. \$27; [rei.com](http://rei.com)



**2 WOMEN'S LIGHT HIKING SOCKS BY TEKOMERINO** Help you stay cool and odor-free. \$19; [tekosocks.com](http://tekosocks.com)

**3 MIDWEIGHT MTS LONG-SLEEVE ZIP T-NECK BY REI** Lightweight and great for layering. \$35; [rei.com](http://rei.com)

**4 PARAMOUNT PEAK CONVERTIBLE PANT BY THE NORTH FACE** Two zips and you've got shorts. \$65; [thenorthface.com](http://thenorthface.com)

**5 SILVER RIDGE KNIT SHORT-SLEEVE TOP BY COLUMBIA** Wicks sweat and provides UPF 15 protection. \$30; [columbia.com](http://columbia.com)

**6 VIPER LOW BY TECNICA** The low-cut and lightweight shoes prevent irritation. \$110; [tecnicausa.com](http://tecnicausa.com) for stores



**7 WOMEN'S EDITION OUTDOOR KIT BY ADVENTURE MEDICAL KITS** The next best thing to an EMT. \$40; [adventuremedicalkits.com](http://adventuremedicalkits.com)

**8 FRUITION AND SWEET & SAVORY BARS BY PROBAR** Tasty trailside treats made from whole foods. \$2.30 and \$3.30; [theprobar.com](http://theprobar.com)

**9 STRATOS 24 PACK BY OSPREY** Roomy and light, with two side pockets for easy access to snacks. \$99; [ospreypacks.com](http://ospreypacks.com)

**10 ALPINE CARBON CORK BY BLACK DIAMOND** Light and compact poles that help you find your stride. \$140; [blackdiamondequipment.com](http://blackdiamondequipment.com)

**11 CLASSIC WATER BOTTLE WITH SPORT CAP 2.0 BY KLEAN KANTEEN** 27-oz. stainless steel bottle. \$20; [kleankanteen.com](http://kleankanteen.com)



### B+S ONLINE

For hikes with gorgeous scenery and killer views, go to [wholeliving.com/best-hikes](http://wholeliving.com/best-hikes)



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