



Summer Guide '23 *Halfdays*

**Early drives to the
mountains, waffles at the
summit, fun over
competition – Halfdays
is the spirit of the sport.**

Halfdays



A woman with dark hair is wearing a bright green quilted jacket. She is smiling and adjusting the collar of the jacket with both hands. The background is a clear blue sky with some blurred foliage in the lower right corner.

How to layer for the Summer:

When it comes to summer adventures, layering is essential. Unlike winter – where the focus is on insulation, summer layering aims to keep you cool and shield you from the sun. Let's break it down:



¹ Nellie Packable Puffer

Lightweight Outer Layers: Even in summer, especially in the mountains, mornings and evenings can be cool. Pack a lightweight jacket or fleece.

It won't take much space and will come in handy. Our [Halfdays Nellie Packable Puffer](#) is designed to pack into a pillow for camping and road trips. The [Halfdays Pieper Fleece](#) is fabricated with anti-pilling, ultra-soft sherpa fleece to keep you cozy as the sun goes down.

² Pieper Fleece





³ Watson Cargo Pant

Cargo Pants: Long pants protect against sun and bugs, but when it's too hot, you'll want something breathable and easy to roll up. The [Halldays Watson Cargo Pants](#) are versatile and light, with wind-protection technology to keep the coast clear against extra windy summits.

Base Layers: Start with a lightweight, moisture-wicking base layer. Opt for materials like recycled nylon, which help wick sweat and keep you cool. Try our [Seamless Johnson Top](#), it's lightly compressive and ultra-flattering for every outdoor adventure.



⁴ Seamless Johnson Top

Skincare for the trail.

When hiking, your skin is exposed to sun, wind, and possibly irritating plants. No one wants to deal with an unwanted rash after a day on the trail, and protecting your skin is crucial to avoid both short-term and long-term damage.

1 Sunscreen

Apply a broad-spectrum sunscreen with an SPF of at least 30. Reapply every 2 hours, and more often if you're sweating. Don't forget areas like the back of your neck and ears. We love the Supergoop Unseen Sunscreen as its lightweight, non-irritating to the skin, and acts like a primer underneath the rest of your skincare or makeup.



3 Natural Deodorant

We like to opt for natural deodorant like this Salt + Stone Santal scented deodorant.

2 SPF Lip Balm

Your lips need protection too!



4 After-care

After your hike, wash your face with a gentle cleanser. This removes the sweat and dirt that can clog pores. We love this Tower 28 Daily Facial Spray to quickly cleanse the skin after a sweaty hike. Make sure to moisturize after, as the mountains can dry out your skin. We love the Summer Fridays Jet Lag Mask for some much-needed skin R&R.



5 Insect Repellent

Use an insect repellent to protect your skin from bites. Choose a product with at least 20% DEET.



6 Sunglasses

Protect your eyes from UV rays with a good pair of UV-protective sunglasses. We're huge fans of District Vision and Crap Eyewear for functional and stylish shades.

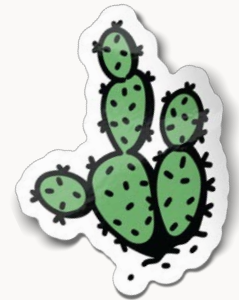


Nellie Packable Puffer

Packing for a weekend outdoors requires a balance between preparedness and keeping your pack light. Here's how to make sure you have what you need without overpacking for your weekend away.

Remember, the goal is to be prepared but also to keep your pack as light as possible. The less you have to carry, the more you'll enjoy your adventure.

1. Versatile Pieces
2. Footwear
3. Food & Water
4. Sleeping Gear
5. Entertainment
6. Navigational Tools
7. Cooking Gear
8. Emergency Kit
9. Backpack



Weekend Packing

1 Versatile Pieces

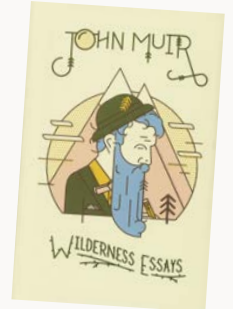


Bring versatile clothing pieces like a pair of our [Adams Nylon Shorts](#) that are quick-drying and wind-resistant. Never forget your swimsuit, [Halfdays Trucker Hat](#), sunglasses, and a light jacket like our [Nellie Packable Puffer](#) for cooler evenings.



2 Footwear

Comfortable walking shoes are a must. If you're going to be near water, pack some sandals or water shoes.



3 Food & Water

Pack enough food for your meals, plus a little extra. Bring a refillable water bottle and a filter or purification tablets if you'll be refilling from natural sources. We love our reusable [Halfdays Nalgene](#).



4 Sleeping Gear

If you'll be sleeping under the stars, make sure you're prepared with a sleeping mat, blanket, and pillow.



5 Entertainment

Bring a book, playing cards, or other lightweight entertainment.

6 Navigation Tools

A map and compass are essential, even if you plan to use a GPS. Technology can fail, but old-fashioned navigation never runs out of batteries.



7 Cooking Gear

A small stove, fuel, and cooking utensils if you plan on cooking your meals.



8 Emergency Kit

This should include a whistle, flashlight or headlamp, firestarter, and a basic first-aid kit.



9 Backpack

Use a comfortable, lightweight backpack with enough space for your gear, but not so large that you're tempted to overpack.



Watson Nylon Cargo Pant

Where are the best places to go *hiking* in Colorado?

Colorado is the hiker's paradise with its stunning mountains, forests, and rivers.

Here are some of the best places for hiking in the Centennial State:

- **Rocky Mountain National Park:** This is a must-visit. The park offers over 300 miles of trails. For a moderately challenging hike, try the Sky Pond via Glacier Gorge Trail, which offers incredible views of alpine lakes and waterfalls.
- **Maroon Bells:** Located near Aspen, Maroon Bells are two peaks in the Elk Mountains. The Maroon Bells Scenic Loop Trail is an easy trail suitable for all levels, and the views are absolutely breathtaking.
- **Garden of the Gods:** Near Colorado Springs, this National Natural Landmark offers spectacular red rock formations. Perkins Central Garden Trail is an easy, scenic route.
- **Chautauqua Park, Boulder:** A historic area with several hiking trails, including the famous Flatirons. The Royal Arch Trail is a popular choice.
- **Mount Evans:** The Mount Evans Scenic Byway is the highest paved road in North America and leads to a trail that you can hike to reach the summit of Mount Evans. The views of the surrounding Rockies are amazing.
- **Great Sand Dunes National Park:** For something completely different, hike the towering sand dunes surrounded by snow-capped mountains. High Dune on First Ridge is a challenging but rewarding hike.
- **Black Canyon of the Gunnison:** The park offers several trails that range from easy to strenuous, with views of some of the steepest cliffs, oldest rocks, and craggiest spires in North America.

Remember to bring plenty of water, wear sunscreen and appropriate clothing. Colorado's weather can change quickly, so be prepared for all conditions.





Rocky Mountain National Park



Garden of the Gods



Maroon Bells



Chautauqua Park, Boulder



Mount Evans



Black Canyon of the Gunnison



Whats in my hiking bag?

A hiker is seen from behind, walking on a dirt trail that winds through a vast, colorful mountain landscape. The terrain is rugged and layered, with various shades of brown, tan, and ochre. The lighting is warm, suggesting late afternoon or early morning, with long shadows and a golden glow. The sky is a clear, pale blue. The overall scene is one of natural beauty and adventure.



- Halfdays Nalgene Water Bottle
- Snacks: Halfdays Trail Mix
- Map and Compass/GPS
- Extra Clothing
- First-Aid Kit
- Multi-Tool or Knife

- Sunscreen
- Lip Balm
- Personal Items: ID & phone
- Insect Repellent
- Trash Bag: Practice Leave No Trace!

The only trail mix recipe you'll ever need.

Trail mix is the quintessential hiking snack. It's lightweight, portable, and packed with energy. Here's a versatile recipe that you can tweak to your taste:



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Ingredients:

- 1 cup mini pretzels- salt is a must.
- 1 cup cereal of your choice- Chex!? Cheerios!?
- 2 cups popcorn- but make it festive... all the classic brands are selling cute, seasonal flavors. *Check for Skinny Pop Sweet Vanilla Kettlecorn, Lesserevil Sweetheart Pop, or Boom Chicka Pop Chocolate Covered Raspberry Kettlecorn*
- ½ cup peanuts- to fuel your turns.
- ½ cup chocolate candy- and if we're being specific... red and pink M&M's.

Toss it all in a bag, give it a shake, and hit the trail.

Sitting around a campfire is one of the best parts of camping, and having delicious snacks on hand makes it even better. Here are three easy campfire snacks:

Campfire Quesadillas

Ingredients: Flour tortillas, shredded cheese, cooked chicken, vegetables, aluminum foil.

Instructions: Lay out a tortilla, add a layer of cheese, cooked chicken, and vegetables. Fold the tortilla in half and wrap it in aluminum foil. Place it on the campfire grate for about 5-7 minutes on each side.

Grilled Corn on the Cob

Ingredients: Corn on the cob, butter, salt, aluminum foil.

Instructions: Spread butter over each corn cob and sprinkle with salt. Wrap each cob in aluminum foil and place them on the campfire grate. Rotate occasionally and cook for about 25-30 minutes.

S'mores

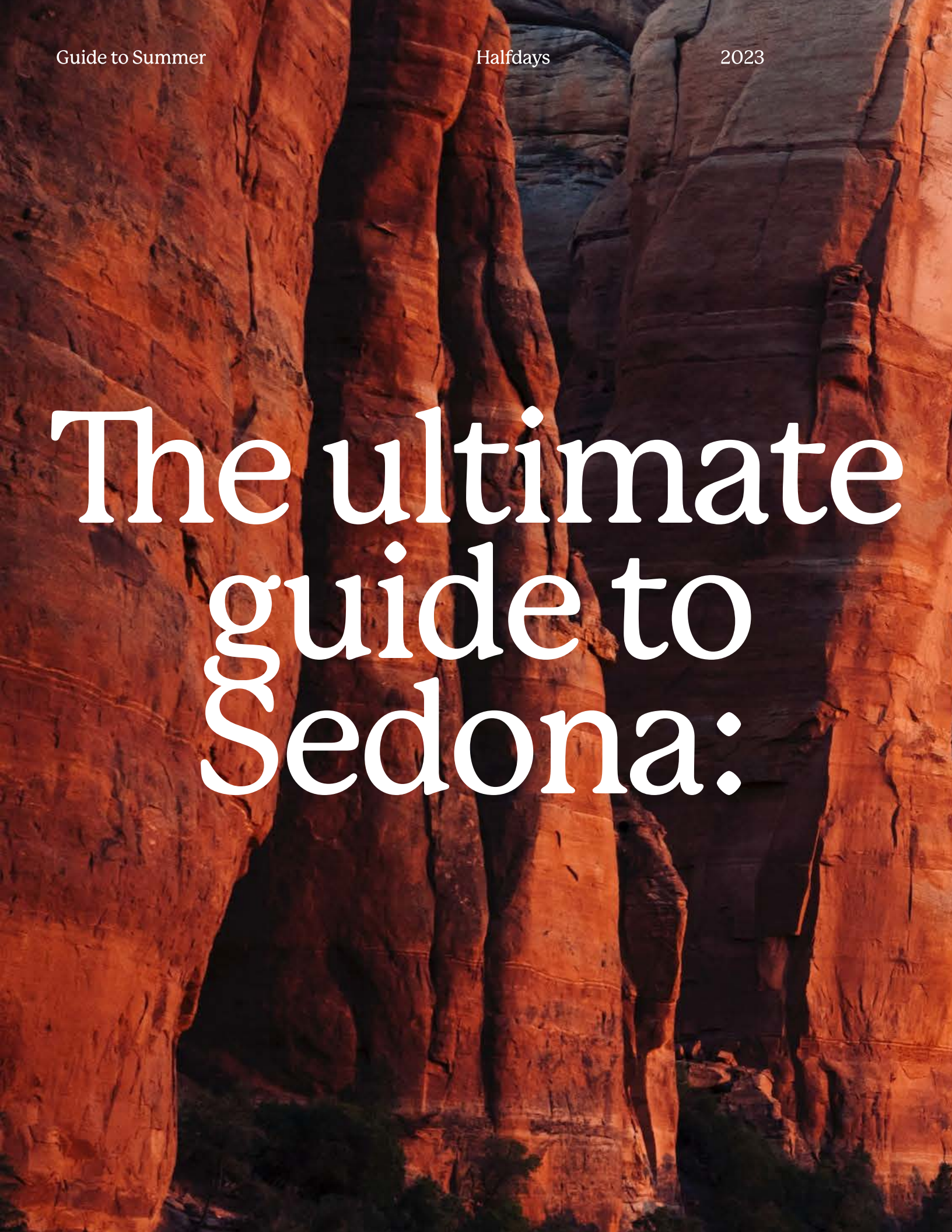
Ingredients: Graham crackers, chocolate bars, marshmallows.

Instructions: Place a marshmallow on a stick and hold it over the campfire until it's golden brown. Place the marshmallow on a graham cracker, add a piece of chocolate, and top with another graham cracker. Pro tip: try them with peanut butter cups.



Campfire Snacks

The ultimate guide to Sedona:

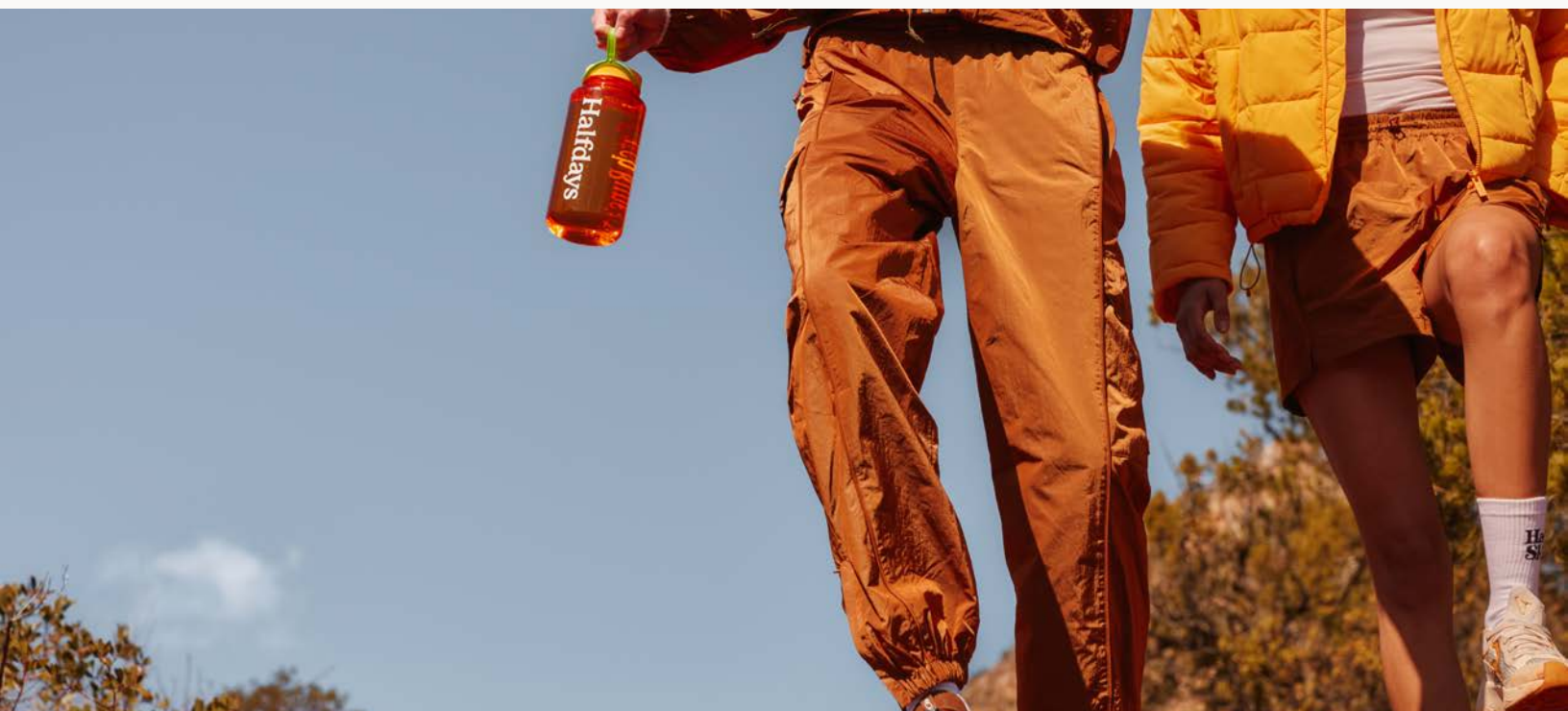


Sedona, located in the northern Verde Valley region of Arizona, is a haven for outdoor enthusiasts and spiritual seekers alike. We shot our Hiking Collection in Sedona, and gathered everything you need to know about this beautiful and eclectic place:



- **Red Rock Scenery:** Sedona is famous for its stunning landscape of red sandstone formations. The rocks glow brilliantly at sunrise and sunset.
- **Hiking and Biking:** With over 100 hiking trails, Sedona is a hiker's haven. Some must-visit trails include the Devil's Bridge Trail and the Cathedral Rock Trail. Sedona also offers numerous mountain biking trails.
- **Spiritual Vortexes:** Many believe that Sedona is home to spiritual vortexes, which are powerful and transformational energy centers. The most famous vortexes are found at Airport Mesa, Cathedral Rock, Bell Rock, and Boynton Canyon.
- **Art and Culture:** Sedona has a thriving arts community. The Tlaquepaque Arts & Crafts Village is home to galleries, artisan shops, and eateries. There's also a First Friday Gallery Tour each month.
- **Climate:** Sedona has a mild climate with hot summers and cool winters. It's generally cooler than Phoenix. Summer temperatures range from 65 to 95°F, while winter temperatures range from 31 to 57°F.
- **Accommodations and Dining:** There are so many options, from luxury resorts to campgrounds. Sedona is also known for its impressive range of restaurants and cafes.
- **Nearby Attractions:** The Grand Canyon is just a two-hour drive away, making it a great day trip. Jerome, an old mining town turned artist's village, is also nearby.

When visiting Sedona, remember to respect the natural environment. Stick to the trails, pack out all trash, and do not to disturb wildlife.





The low down on trail running.

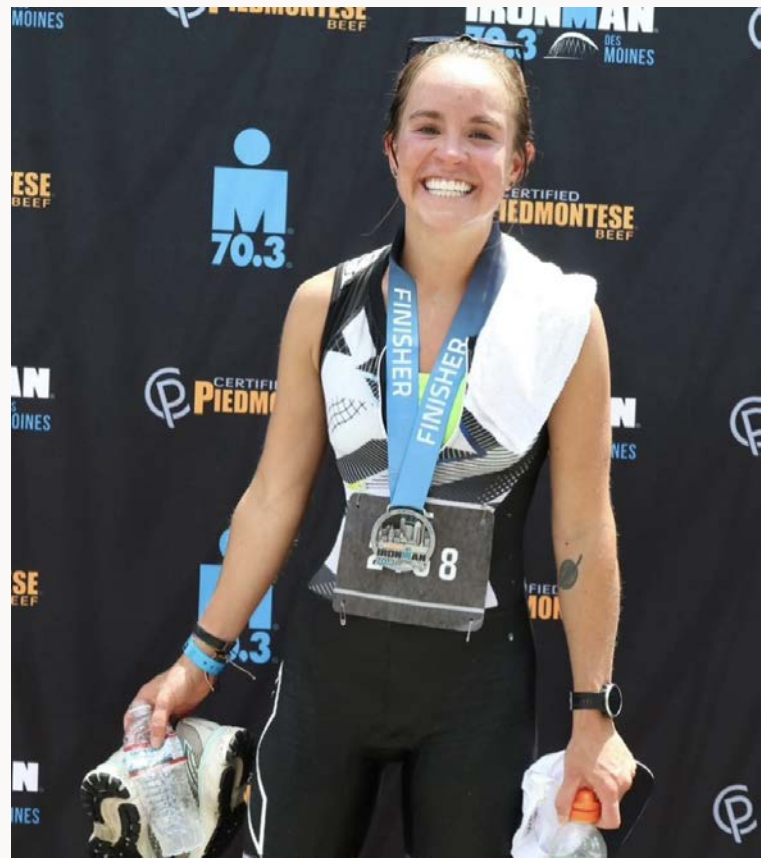
An interview with Halfdayer
& collegiate track athlete Ali.

Q&A with trail runner Ali Kallner:

You want to stay in shape for ski season, but the gym is packed, you're sick of jogging the same neighborhood sidewalks, and nothing sounds worse than the monotony of a stationary bike. Yup, we've been there. But we have a suggestion: if you like [hiking](#), 'tis the season to crank it up a notch. We know what you're thinking—trail running?! Is it not hard enough to run on flat land? Hear us out... We sat down for an interview at Denver's [Cooldown Run Club](#) with Ali, a former collegiate track athlete, avid skier, and lover of trail running. She gave us the rundown (pun intended) on your new favorite cardio.

Ok, start with the basics... What's the difference!? How does trail running compare with regular road running?

Ali: The major difference between trail running and road running is the drastic differences in every moment out on the trails. There are portions of some of my runs where I'm quite literally walking up steep single-track inclines, or totally sprinting along wide open downhills. The beauty of trail running is that it keeps you interested and focused. You never know what's around the next corner!



@alkalllll

Is trail running for everyone?

Ali: Trails can be tough, but they really are for everyone. There's no pressure to be holding a certain pace- take it slow at first! No matter your speed, you're getting a kick-ass workout and accomplishing something pretty impressive. Even though you cover less ground than you do on the roads, they can really leave your calves and quads feeling wiped out! I loved the [blog](#) you did with Kiley about ski recovery... her tips definitely apply to trail running too. Eating right and taking care of your body after all this activity is of big-time importance.

**Do you have any pre and post run food recommendations?**

Ali: When you're running for longer periods of time and changing pace constantly, your body needs a source of energy to pull from quickly. That's why it's important to get a little something in your stomach before running. For me, it's a bowl of cereal or granola with some almond butter, or toast with peanut butter. I've found that overtime my body has adjusted to the amount of food it can handle pre-run, but some of my friends struggle to stomach bigger portions before running.

If you're in the same boat, try something easily digestible like a banana or granola bar. You can even experiment with mid-run fueling with energy gels made for endurance activities. Everyone loves a snack break.

What you eat afterwards is even more important- replenishment is the key to recovery. It doesn't need to be complicated, but it should have a good mix of all the macronutrients- fat, carbs, and protein. I'd say my usual cravings are pancakes and eggs, breakfast burritos, or protein smoothies with granola.

For those of us without much trail running experience, what's your best tip for handling terrain that's so much different from a treadmill or paved path?

Ali: I'd say it's a lot like skiing trees- keep your head up so you can always plan your next move, and don't shy away from the fun of the obstacles. When you're taking on more technical trails, you're bound to trip yourself up a little bit, so don't be discouraged if it doesn't feel all that graceful at first. Shoes with good grip are super helpful.

Can you expand on the gear requirements a little bit? What's the best thing to wear?

Ali: The coolest thing about getting into running is that it has such a low entry cost. For shoes, I sometimes just run in my regular street running shoes, which is totally fine for beginners! For people who get into more advanced stuff or run mostly on dirt, true trail shoes are really valuable. They usually have more stability and extra traction for mud and rocks. Almost all typical running shoe brands offer some sort of trail shoe, and other brands specialize a little more heavily like Merrell, Salomon, and Altra.

As for clothes, I can't tell you guys how much I've loved your spring line. I got the nylon shorts and windbreaker and they are PERFECT for breezy spring days and early summer morning runs. It's tough to find the perfect not-too-hot-but-not-too-cold running clothes and Halfdays totally nailed it.

We agree, Ali.

Who do you train with?

Ali: One of my college running teammates co-founded Cooldown on the premise that running is for everyone. The club has absolutely exploded, and now it's bringing in hundreds of people in Denver, Austin, and New York. They're in the process of launching more branches all over the country as we speak. I go for the community feel. It's super similar to Halfdays when it comes to being an extensive, active, all inclusive community. Cooldown is more of a social club than a running club- sometimes I just go to grab beers and make new friends, sometimes I'm there to run fast, and sometimes I join the walking squad.

No matter what I'm feeling, someone else is next to me. It's given me a whole network of people to invite up to the mountains for a trail run or ski day. I would 100% encourage Halfdayers to enjoy some warm weather activity with us or to find a social run club in their area to make staying in shape super fun.

Where are the best places to go *camping* in California?

California offers diverse landscapes for campers. From beachside retreats to mountain hideaways, here are some of the best places to go camping:

1. **Yosemite National Park:** A classic choice for camping, offering stunning waterfalls, meadows, and iconic granite formations.
2. **Big Sur:** Camp along the rugged coastline with incredible views of the Pacific. Pfeiffer Big Sur State Park is a popular choice.
3. **Sequoia & Kings Canyon National Parks:** Camp amongst giant sequoias and enjoy scenic vistas, towering mountains, and deep canyons.
4. **Joshua Tree National Park:** Experience the Mojave Desert with its distinctive Joshua trees and unique rock formations. Great for stargazing.
5. **Lake Tahoe:** The area offers numerous campgrounds. Enjoy water sports, hiking, and breathtaking views of the lake surrounded by mountains.
6. **Redwood National and State Parks:** Camp among the tallest trees in the world. The parks also offer scenic drives, hiking trails, and wildlife.
6. **Point Reyes National Seashore:** A coastal park offering secluded campgrounds. Ideal for hiking, wildlife viewing, and enjoying the beaches.
7. **Death Valley National Park:** For a more extreme camping experience, Death Valley offers a landscape like no other, with salt flats, sand dunes, and mountains.
8. **Anza-Borrego Desert State Park:** California's largest state park, known for desert landscapes, seasonal wildflower blooms, and stargazing.
9. **Crystal Cove State Park:** Located in Orange County, this park offers beachside camping with beautiful sandy shores and tide pools.

Remember, camping requires preparation. Always check the regulations and requirements of the area where you will be camping, pack appropriately, and follow Leave No Trace principles.





Adams Nylon Short

Your Summer Horoscope

Get ready to embrace the great outdoors, scenic adventures, and special moments with your friends this summer. This season is all about connecting with nature, and as you explore the world, Halldays will be your on-mountain guide and perfect adventure companion. Let's see what the stars have in store for your summer:



Libra

Balance and harmony are calling your name, dear Libra. This summer, seek out places of natural beauty and spend time with loved ones. Organize a memorable outdoor gathering, complete with a delightful picnic or a charming garden party. The [Verdant Adams Nylon Shorts](#) will keep you looking effortlessly chic as you create beautiful memories in the open air and open spaces.

Scorpio

Dear Scorpio, this summer holds great potential for self-discovery and transformation. Embrace your adventurous side and consider embarking on a solo camping trip or a thrilling zip-lining experience. Reconnect with your inner strength as you conquer new challenges. The [Dolomite Nellie Puffer](#) will be your outdoor essential, allowing you to fully focus on your journey.

Sagittarius

Dear Sagittarius, the great outdoors beckons you this summer. Feed your wanderlust by planning an epic road trip or backpacking adventure. Embrace the freedom of the open road as you explore new destinations and cultures. The [Verdant Douglas Windbreaker](#) provides the perfect blend of functionality and style, ensuring you're always ready for your next grand adventure.

Capricorn

Hardworking Capricorn, it's time to take a well-deserved break this summer. Escape the hustle and bustle of everyday life by immersing yourself in the serenity of nature. Consider a peaceful retreat in the mountains or a rejuvenating spa getaway. The [Alpenglow Pieper Fleece](#) will offer the comfort and relaxation you need while adding an elegant touch to your downtime.

Aquarius

Dear Aquarius, your innovative and free-spirited nature thrives in the summer sunshine. This season, embrace your love for outdoor sports by trying your hand at windsurfing or paddle boarding. Unleash your creativity through nature-inspired photography or painting. The [Verdant Watson Cargo Pants](#) will ensure you're both stylish and protected as you create art amidst the elements.

Pisces

Dear Pisces, your dreamy nature finds its perfect match in the enchanting landscapes of summer. Seek out secluded beaches or hidden waterfalls to indulge in peaceful solitude. Embrace your love for swimming or take up fishing as a meditative hobby. The [Oat Milk Pieper Fleece](#) will keep you cozy and comfortable as you immerse yourself in the wonders of nature.



Douglas Nylon Windbreaker

