

MY₁FITLIFE GEAR LIST

Keith and Michelle's Recommended Gear & Stuff!



BASE LAYER

100% merino wool provides effective insulation and warmth when temperature drops. This 100% merino wool thermal underwear is made to be breathable, so you don't need to worry about overheating in it.

LIGHTWEIGHT TEE

Merino Wool naturally provides odor control. Our merino wool t-shirts, can be worn for days and weeks without washing ... no odor guaranteed. Merino wool truly is an amazing fabric and one of a kind.



LEGGINGS

Made of 100% Australian Merino Wool, our thermal leggings add a bit of luxury to your wardrobe. They're high quality, durable and ideal for layering under ski pants and other bottoms. Plus, they're safe in the washer & dryer!



UNDERWEAR

You want good moisture-wicking underwear. Just want to be clear I personally have not tried these but is the same brand I use ;) Odor-reducing antimicrobial treatment keeps bikini briefs feeling fresher longer.

MID LAYER THERMAL

Merino wool's natural wicking and odor-resistant properties keep you dry and comfortable while active in cold weather. Through the process of wicking, Merino wool is the most breathable fabric and absorbs moisture better than any other fibers. Wicking refers to a fabric's ability to pull moisture away from your body and keep you comfortable.



1/4 ZIP UP COLLAR

100% Merino Wool is super soft and extremely comfortable. The best in easy care technology means your merino wool is machine washable and dryable. Versatility and warmth make this three-season merino wool 1/4 zip mock-neck thermal an essential part of your outdoor gear.



PULLOVER HOODIE

With a cowl neck and attached hood, these heavyweight Merino hoodies are your go-to for 3-season warmth! Zippered pockets provide a secure spot to store your essentials and double as cozy hand warmers when the temperature plunges

OUTER SHELL HYBRID JACKET

A helmet-compatible StormHood provides full coverage, and pit zips speed ventilation. A women's specific trim fit is articulated to move with the body. Superlight materials and design, emphasizing light weight and packability over durability.



PUFFING COAT

Made with recycled materials, ThermoBall technology revolutionizes synthetic insulation. Developed in partnership with PrimaLoft, this innovative insulation offers a synthetic alternative to down and provides all-weather warmth. This slim fit hooded jacket is made from 100% recycled fabric with a Durable Water-Repellent (DWR) Finish.



RAIN COAT

This jacket features DWR Finish and PU coated membrane offers waterproof performance protects you from wet weather, critically seam-sealed keeps you dry and comfortable. Suitable for any outdoor activities such as traveling, hiking, sailing, fishing, camping and daily wear

RAIN PANTS

Featuring a waterproof-breathable, fully seam-sealed shell, and a mesh lining, you'll be comfortable and protected inside and out. DWR finish resists intense, heavy rain whenever rain falls and the wind blows. Breathability rating: 1000g/m²/24hr; Waterproof Rating: 3000mm



RAIN COAT

This Marmot® PreCip® Eco Jacket will let you gear up with confidence and take on any adventure head on! Constructed with NanoPro™ technology to offer superior breathable, water-proof protection. Attached, the adjustable hood can be rolled into the stand collar and gives you extra coverage when you need it. Long sleeves fit loosely through adjustable hook-and-loop cuffs.



RAIN PANTS

Help set the standard for lightweight backpacking, hiking, and mountain travel rainwear with the Marmot® PreCip® Eco Pants. The regular fit is eased, but not sloppy, and perfect for any activity. Fully taped seams throughout seal out moisture and provide added durability.

WATER WICKING ZIP UP

The 90 Degree by Reflex Women's Lightweight, Full Zip Running Track Jacket provides you with a super soft layer of warmth without overheating or preventing ventilation. This slim fit full zip up innovative style was made for all body shapes, offering comfort and accentuating your silhouette. Perfect activewear for yoga, exercise, gym, fitness, running, any type of workout, or everyday use.



SHIRTS AND TANKS

Soft Lightweight Fabric with a comfortable V-neck collar and a slimmer fit delivers a sleek, more feminine silhouette and Added Comfort. Posi Charge Technology Conducts Heat And Sweat Away and evaporates moisture from Your Body fast.



HIKING PANTS

These hiking pants are a great choice for everything outside: from moving fast in the mountains to lounging at camp. Lightweight, packable, two-way stretch Flexion nylon/spandex provides mobility and has a durable water-repellent finish.

WORKOUT/YOGA PANTS

These yoga pants are designed to offer compression, comfort, and an All-In-One style, which will be your ready-to-go pants. Our high waisted leggings for women are also suitable for workout, yoga, running, training, or having a night out with friends, or just lounging at home like your pajamas.



HIKING SHORTS

Lightweight, Sun protection and Quick-dry, 7-inch inseam, Convertible, and High Waist. Great for traveling, hiking, fishing, rock climbing, or any other your favorite outdoor&indoor activities. Durable fabrication boasts a water repellent finish that sheds water but is not entirely waterproof



OSPREY TRAVEL DUFF

This bag works great for traveling on all our adventures and also this is the one we use on our Whitewater Rafting adventures (this fits into a dry bag nicely) Stowaway contoured harness and yoke for comfortable backpack carry

OSPREY TRAVEL BAG CARRY ON

*(Should fit in overhead if you don't stuff it)
When you travel far and pack light, the Sojourn 45 Liter /22 inch is the pack for the job. Already a great roller, the stowaway AG inspired backpack suspension expands the horizons of your trip.*



OSPREY TRAVEL BAG CHECK IN

This will be my next purchase. The majority of the time we end up checking a bag anyway, so this will provide ample space and is durable. Durable fabric provides incredible abrasion and water resistance





HIKING SOCKS

Everyone should be using Merino wool socks all the time! Why? Because the natural thermoregulation of the merino wool blend ensures that your feet will be warm in winter and fresh in summer. Ventilation mesh lanes wick away moisture. Also, the cushioning and padding reduce the risk of getting blisters, hot spots, aching, and jarring shocks

HIKING SHOES (TRAIL RUNNING SHOES)

Featuring an aggressive grip, precise foothold, & Gore-Tex protection, the Salomon Speedcross 5 is the ideal shoe for runners who want to conquer soft, technical trails. Whether you love daily road running in your neighborhood, an escape to a local trail, or something more rugged, Salomon makes shoes that ensure you have a smooth ride on any & all terrain.



HIKING BOOTS

The KEEN.DRY waterproof membrane keeps your feet dry and comfortable all day long by allowing vapor out without letting water in; All leather is treated with a PFC-free water repellent so you get the same protection without the chemicals. It provides high-traction grip in muddy environments and on rocky surfaces; Non-marking rubber outsoles leaves no trace or imprints when walking indoors.



WATER SHOE

Made for surfaces smooth, wet, and rocky; Allows excellent flex and sensory feedback for enhanced grip and balance; With razor-siping, divided lugs, and a maximized surface area. High-performance G.15 rubber outsole is extra grippy and sticky like tar; Low durometer construction conforms to the ground and provides excellent abrasion resistance.

SANDAL

Double-strapped polyester jacquard webbing upper wraps around the foot and through the midsole for a customized fit with a toe loop for a secure fit. Adjustable and durable high-tensile webbing heel risers. Antimicrobial application for odor control



OSPREY DAY PACK

The Osprey Packs Tempest 20 is one of the most versatile hiking packs available. 20L of capacity is perfect for day hikes, urban commutes, or a trip to the market. The BioStretch harness and continuous wrap hipbelt combine to create an incredibly stable carry system.



WATER BOTTLE

For Your Everyday Adventures! Take your Nalgene bottle to the gym, office, camping, exploring and everywhere in between. This Nalgene water bottle is completely leak proof, made of virtually indestructible BPA-free Tritan, easy to clean and dishwasher safe on the top rack.

WATER BLADDER FOR OSPREY DAY PACK

Easy Slide-Seal top opening, seals watertight, and provides wide access for easy filling and cleaning. Pour shield extends the collar to ease filling in shallower sinks and control pouring into pots or bottles. QuickConnect system and carry handle make removal and filling easy.



HIKING POLES

These collapsible aluminum trekking poles collapse down to 33.7cm (13.3 inches) and weigh around 9 ounces each. When not in use, they could be folded up small and light enough to fit well in any suitcase or backpack. Perfect fit for short or tall men, women & kids.



SUPER LIGHTWEIGHT HIKING POLES

AERGON grip features a hollow core construction to save weight and create an edgeless, rounded grip for comfortable gripping at all angles especially for "palming" on steeper terrain. Thermo foam grip material for extra comfort, lightweight, and insulation in colder weather. Built-in 8deg Positive Angle in LEKI grips keeps the wrist in a neutral position and provides more efficient pole plants.

HEAD LAMP

Rechargeable and powerful, the ACTIK CORE is a great headlamp for mountaineering, running, hiking, and backpacking; Weighs just 75 g, and features an IPX4 protection rating. Featuring a multi-beam design, 3 brightness levels, and a red light mode, this headlamp provides the right light for any situation; Offers up to 450 lumens, and runs up to 130 hours.



INFLATABLE SOLAR POWERED LANTERN W/ USB CHARGE OUTLET

With 150 lumens, mobile charging, and lasting up to 50 hours on a single charge, Luci Pro Outdoor 2.0 is a must-have solar lantern for any adventure. With its compact size, this little light can travel with you on any adventure. Plus, with an adjustable base strap and fixed top strap, it can be easily attached to your backpack, or hung from above.





FLASHLIGHT

Upgraded for 2018, the PD35 V2.0 features a CREE XP-L HI V3 LED capable of up to 1000 lumens output and 273 yards throw making it brighter and more powerful than ever. Control On/Off operation via the tactical tail cap and adjust through 5 brightnesses + Strobe with the upgraded stainless steel side switch.

FLASHLIGHT

A dual power system allows the light to run on a custom li-ion battery pack or 4 AA alkaline batteries. Drop-proof, and crushproof. Pure beam focusing Optic with twist focus. The custom rechargeable battery pack features charging port for USB devices



BEANIE HAT

Merino wool naturally repels odor, wicks away moisture, and dries quickly without causing any itchy irritation. Interlock knit construction. Double-layer design. Roll cuff earband. 100% merino wool. Machine wash cold, dry flat.



LIGHTWEIGHT GLOVES

Soft and warm lining design, provides warmth and functionality for running, hiking, or cold-weather commuting. The knit fabric has a four-way stretch, so your wiggly digits have the freedom of movement they require and can stay in their natural, relaxed position as you log the miles.

SUNSCREEN

We love the reef - to help protect delicate coral reefs, Blue Lizard Sensitive sunscreen contains no oxybenzone or Octinoxate. Mineral sunscreen, no chemical active ingredients - protects your skin by acting like thousands of tiny mirrors that reflect UV rays away before they enter your body. Spf 50+ broad-spectrum UVA/UVB protection- mineral active ingredients zinc oxide and titanium Dioxide provide broad-spectrum protection against UVA and UVB rays.



KATADYN BEFREE COLLAPSIBLE WATER FILTER BOTTLE - 20 FL. OZ



Collapsible 1.0L hydrapak soft bottle flask packs down small to fit in tight spaces (jacket pockets, purses, backpack, fly vests) Ez-clean Membrane is simple and easy to clean by simply shaking or swishing the filter to clean debris, no backflushing or extra tools required. Stay clean drink nozzle keeps the mouthpiece clean and sanitary (replaceable with standard plastic water bottle caps)



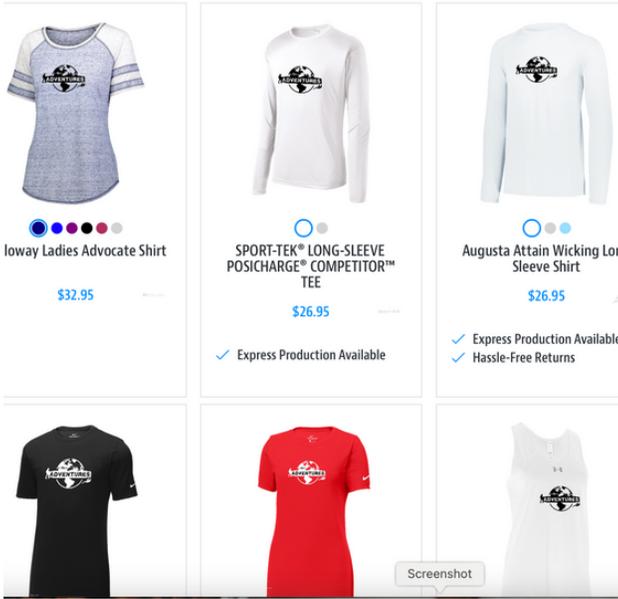
My1FitLife & Adventure T-Shirts



Here you will find our My1FitLife (Adventure) & OneFitWidow apparel which will soon become your favorite to wear all the time. I have become somewhat of a t-shirt snob and only like to buy soft shirts I will wear all the time. Don't you hate when you get a t-shirt and it is "crunchy"!? Just for that reason all our t-shirts are made up of a tri-blend fabric (50% polyester/25% combed ring-spun cotton/25% rayon) creating a vintage, fitted look. And extreme durability makes this t-shirt withstand repeated washings and still remain super comfortable. They are pre-shrunk, comfortable, durable, contemporary fit, and lightweight.



My1FitLife (Adventure) & OneFitWidow "performance" apparel would be more of a DRI-FIT or Moisture Wicking for workouts and hiking. These performance tees feature sweat-wicking fabric to help keep you dry and comfortable.

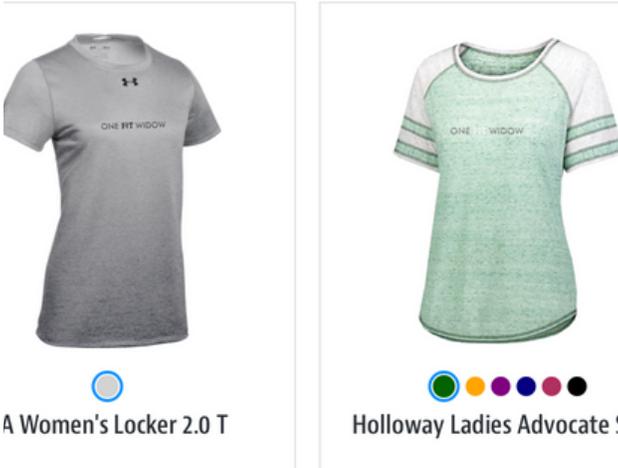


My1FitLife Adventure Performance Apparel



Live The List Nonprofit Performance Apparel

PERFORMANCE TEES



OneFitWidow Performance Apparel



Badger B-Core Girls Racerback Tank



Badger B-Core Ladies Racerback Tank

I AM STRONG
Performance Apparel

PERFORMANCE TEES



UA Women's Locker 2.0 Longsleeve T



UA Locker 2.0 Longsleeve T

I AM STRONG
Performance Apparel



Augusta Girls Attain Wicking Shirt



Badger B-Core Ladies Racerback Tank

My 1FitLife
Performance Apparel