

HIKING GEAR

Just Add Gorp

Pack the hottest high-tech gear for your hike to keep your knees, back, and feet happy

Dimity McDowell

1. Made of lightweight nylon twill, the **Gregory Jade 25 daypack** practically carries itself. Its comfy waist belt (which features two handy pockets), contoured shoulder straps, and taut mesh suspension on the rear panel keep your load perfectly balanced. (\$129, gregorypacks.com for stores)

2. **Who the hell hikes in tights?** Though high on the dork scale, these space-age **CW-X Conditioning Wear Ventilator tights** are a hit on the adventure-racing circuit, where athletes scamper up and down mountains for hundreds of miles. These stretchy extra-thick leg savers, made of a Lycra blend, really shine on the descent: A web of elastic fabric lends sports bra-like support to cushion your kneecaps when you slam down the trail. (\$96, cw-x.com)

3. Able to record ascent and descent rates as well as elevation gain and loss, the **Highgear Axio Mini Altimeter watch** also happens to be cute enough to wear to the office. (\$125, highgear.com for stores)

4. Before snacking, zap germs with a spritz from a lemon-scented **Atwater Carey PocketPak hand sanitizing spray pen**. Filled with ethyl alcohol, the sprayer stashes in your pack and is good for about 70 squirts. (\$2.50, atwater-carey.com for stores)

5. Waterproof yet ventilated, the mostly mesh upper of **The North Face W Hedgehog Mid GTX XCR** boots keep air circulating and tootsies as fresh-smelling as when you laced up. The light boot also features antimicrobial footbeds and four-wheel-drive traction in the soles and hits above the ankle for extra support. (\$115, thenorthface.com)

