# · Bien s'habiller

Avant de t'aventurer dans la nature, prévois une tenue adaptée à la météo et à la saison. Celle-ci doit être confortable et te protéger des éventuelles intempéries.

### Par temps clément

En été, un polo, une chemisette ou un tee-shirt t'éviteront de trop transpirer. Côté pantalon, choisis un modèle comprenant plusieurs poches. Tu pourras y glisser tes clès ou du petit matériel. Évite le bermuda et le short pour ne pas avoir les jambes toutes écorchées par les broussailles, mais n'oublie pas de prendre une casquette ! Elle te protégera à la fois des rayons du soleil et des branches. Pour les chaussures, préfère un modèle adapté à la marche, muni de semelles antidérapantes.





### Par temps de pluie

Il est toujours utile d'avoir un imperméable avec soi. Opte pour un modèle à capuche qui se replie dans une petite poche zippée. Pour conserver tes pieds au sec, tu peux éventuellement enfiler des bottes en caoutchouc, mais attention ! Peu confortables et plus lourdes, elles ne sont pas adaptées aux longues marches.

## **Petit Guide De Lagora Dathnes**

**Guillaume Favre** 

**Petit Guide De Lagora Dathnes:** 

Uncover the mysteries within is enigmatic creation, Discover the Intrigue in **Petit Guide De Lagora Dathnes**. This downloadable ebook, shrouded in suspense, is available in a PDF format ( PDF Size: \*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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