

GET HEALTHIER
THE SMARTEST FITNESS TECH

BOOST YOUR ENERGY
FIVE SUPERFRUITS EVERY
ATHLETE SHOULD EAT

ESCAPE THE CROWDS
EPIC ADVENTURES
AND PERFECT HIDEOUTS

Outside

LIVE BRAVELY

HOW TO SURVIVE THE NEW
WORLD OF DEADLY STORMS

100
YEARS OF
THE TOUR de
FRANCE

WEATHER GONE WILD

- LIFESAVING TIPS
- DO-IT-YOURSELF FORECASTING APPS
- INDESTRUCTIBLE NEW GEAR

PLUS: Riding Out Hurricane Sandy with Jim Cantore

THE BEST NEW
TRAIL RUNNERS

ON THE LINE WITH
FIREFIGHTING'S
BACKCOUNTRY ELITE

JULY 2013

\$6.99



39034

0 756637 0

OUTSIDEONLINE.COM



ALL-
SEASON
GEAR

BEST FOR:
BRUTAL HEAT
Endothermic rings
sewn into **Columbia's
Coolest Cool shirt**
(\$55; columbia.com)
chill when they meet
sweat. Add wicking
panels under the arms,
as well as UPF 50
protection, and you
get the best sun shirt
we've ever seen.

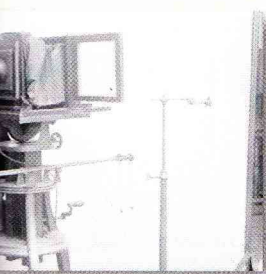
Columbia



5



BEST FOR: LONG TRIPS
Yeti's Tundra 35 cooler
(\$280; yeticoolers.com) is
made from the same stuff
as whitewater kayaks, so
it's nearly indestructible.
With a few ice packs, the
two-inch-thick walls are
insulated enough to chill
steaks—for 14 days.



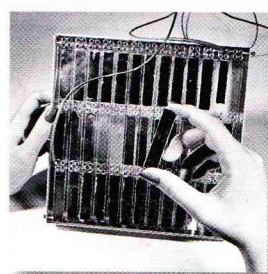
RAIN HAT

During the 19th century,
**a sailor from Gloucester,
England**, stitched a wide-
brimmed, elongated cap
out of oiled canvas—the
sou'wester.



SOLAR PANEL

In 1883, **American electrician Charles Fritts** used selenium and gold to make the first solar cell. It couldn't generate power, but it was used in early cameras as a light meter.



This summer, **Outdoor Research** releases the **Force 9 Sombrero** (\$75; outdoorresearch.com), a slightly more stylish, Gore-Tex-equipped version of the classic cap.



Brunton's Explorer 20 (\$260; bruntonoutdoor.com) has six solar cells that make enough juice to charge a GPS, a DSLR, and radio batteries in about an hour. It also weighs 15 ounces and folds up to the size of a magazine.

