

# VACATION IDEAS

## Ready, Set, Summer: Tips For Stress-Free Adventures

(NAPSA)—Filled with sunny days and dispositions, summer is for the lighthearted. For many, it's the season for camping trips and barbecues. Here are some suggestions that will help take you seamlessly through this traditional vacation-time season.

Set yourself up for success and avoid burned skin, blisters and back pain. There's no better time to pick up a new backpack with enhanced shoulder and back support, the best sun protection gear available today, and a versatile pair of all-terrain footwear. As fabrics continue to evolve into lightweight, multifunctional marvels of technology, there are many smart choices available for the entire family.

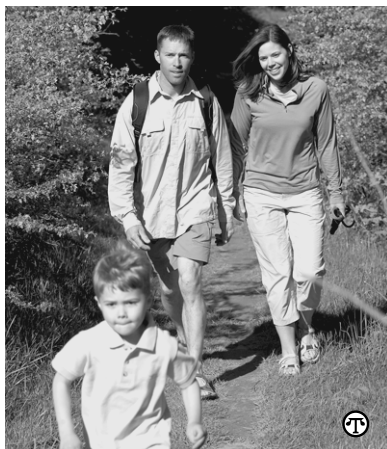
### Exploring the Wilderness

If hiking and camping are your family's activities of choice, you have an array of gear to choose from, including tents, bicycles, outdoor tools and backpacks. For example, the Pearl Titanium™ backpack incorporates top-of-the-line materials and design elements such as S-curve laminated shoulder straps, a foam-padded back and taped seams for increased weather protection. Gone are the days of bulky, heavy packs. The newest backpacks are lightweight and come with extra functionality to make the most of every square inch.

Once the right pack is taken care of, ensuring you have essential survival items, including area maps, first aid supplies and extra food and water, will ease your worries and enable you to enjoy the experience.

### Water Sports

Many families take to the lakes, rivers and ocean beaches to beat the heat of summer. Sun pro-



**FOR OUTDOOR HIKES, all-terrain footwear is a step in the right direction; so is clothing with UPF protection.**

tection should never be underestimated. Apply a broad-spectrum sun-blocking lotion and reapply often. If you can see light through a fabric, UV rays can get through, too. A great option available now is clothing that incorporates Ultraviolet Protection Factor (UPF) into the fabric, blocking up to 97.5 percent of UV rays. The Titanium Silver Ridge™ shirt by Columbia Sportswear provides enhanced UPF protection, moisture wicking properties to keep you cool and dry, and stretch for comfort.

### Versatility from Peaks to Coast

Always take care of those feet. Invest in a good pair of versatile outdoor shoes that can take you from the mountains to the beach. The Titanium Thresher Interchange™ sandal by Columbia Sportswear is extremely versatile and perfect for endeavors in and out of the water.

To learn more, visit [www.columbia.com](http://www.columbia.com).