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## Survival gear list 2020

ALEXIS BOICHARD/AGENCE ZOOM/GETTY IMAGES Before you can freestyle snowboarding, before you can hike a 2,000-foot summit, before you can ski down an idio’s slope with laser-like precision. . . you kinda must be dressed for the part. Sounds beyond the duh. But niggling some details prevents legions of women from enjoying cold weather athletics. In fact, new research shows that a lack of confidence in understanding how to choose the right gear keeps us sidelined. But what exactly is the right gear? It’s a trickier question than you might think, because until recently, many ski/snowboard/hiking brands simply took the stuff they had tailored for men and sized it down and turned it (moan) pink-then sold it to women. Beyond the fact that we like red and green and blue too, thank you very much, what women really need from their outdoor exercise equipment is much deeper: Everything from snowsuits to helmets should accommodate the anatomical differences in women’s bodies (generally it means we demand lighter, more flexible materials that won’t weigh us down) and our biomechanical differences as well. (Lay conditions on the last part: We tend to have a lower center of gravity and more weight in our butts than men, so the bindings on our skis must properly support our natural posture on the slopes.) Now here’s woo-hoo news: A series of brands finally answer the call with high-tech goodies designed with the female form in mind. Our discriminatory editors went through the latest findings, throwing away well enough so we could give you just can’t-be-beat. RELATED: How to choose the perfect cute coat for each climate ad – Continue reading below
1. Snow pants Water resistant nylon on the outside. Body-warming fleece on the inside. Happy bods all around. Buy it: Adidas by Stella McCartney winter sports pants (\$400, adidas.com)
2. So adjustable jacket, this: the hood, the hem, even the Velcro straps. Buy it: Whyte Spyder Bernese jacket (\$400, spyder.com)
3. The skis cushy and bendy, this set can cut through the subdued, deep pockets of fresh snow. Buy it: K2 ALUVit 88 skis (\$800, evo.com)
4. The base layer Slopes, hit chic: a no-bulk seamless layer with an oil painting-like print. Buy it: Obermeyer Sage sports zip top (\$69, amazon.com)
5. Bamboo ski poles = light and durable. Smaller handle grips = made for female hands. Buy it: Rossignol Electra poles (\$100, amazon.com)
6. The Snowsuit insulation is made of coffee grounds. Strange, but who are we to squabble? It feels oh so hot and has zipped pockets up wazoo, and radar-enabled reflectors can channel a rescuer should you (eep!) get stranded. Buy it: Sweaty Betty ski all-in-one (\$715, sweatybetty.com)
7. The Goggles No need to window-wipe away the fog with your fingers: These puppies have a defogger. Buy it: Oakley Line Miner glasses (from \$150, oakley.com)
8. Backpack Who knew a slim 20-incher could so accommodating? This backpack holds (and (and your helmet, ski, water bottle and snacks. Buy it: The North Face Slack Pack 20 (\$99, amazon.com)
RELATED: How to prevent new shoes from giving you blisters Vest Ah, a down vest that understands heat is not a synonym for bulk. The blue flowers? Fashion-y way to stand out, champ! Buy it: Lands’ End vest (\$69, landsend.com)
The Snowshoes Tapered for a woman’s step, these are a cinch to attach and boast aluminum spikes that bite into shards of ice. Buy it: L.L.Bean snowshoes (\$109, llbean.com)
(Start training for the slopes with Women’s Health 20-minute workout DVD!)
1. The Tights So much to love: stretchy, comfortable wide waistband, and even a concealed pocket above your tush. Buy it: The North Face Warm Me Up tights (\$80, thenorthface.com)
2. The boots These fleece-lined children make your feet feel like they’re in front of a fire, not deep in snow. Buy it: Merrell Aurora 6 boots (\$140, merrell.com)
3. The backpack Weighs nothing on its own so you can fill it up with everything you need. Buy it: REI Flash 22 pack (\$50, rei.com)
4. The Skis Thanks to a thin layer of synthetic, no-stick mohair, these skis will help you glide over choppy ice. Buy it: Rossignol Skin skis (\$405, rossignol.com)
5. Cover-Up A beautiful contradiction: keeps you toasty while wicking any sweat. Buy it: Champion pullover (\$48, champion.com)
6. The jacket seams are welded closed on this guy-is no ice coming through. Buy it: Hunter Original Core jacket (\$230, us.hunterboots.com)
7. Ski poles Light with a cork handle: ultra-ergonomic. Buy it: Rossignol Carbon 70 Poles (\$115, amazon.com)
RELATED: The 18-Minute Fitness Routine That Will Completely Change Your Body
1. The Snow Pants Do-gooder you will love that the insulation is made of 50 percent recycled fibers. Superficial you will love that the fit will not make you look like Aspen’s version of a farmer. Buy it: Obermeyer Sigi pants (\$200, amaz.com)
2. Boots Old-school Vans sneaker style in a snowboard boot. Gimme, gimme. Buy it: Vans Encore boots (\$200, amazon.com)
3. The gloves grippy enough to hang on a snowboard during a turn, sensitive enough to compose a tweet. P.S. Palm fronds in the palm of your hand? Kah-ute! Buy it: Underhand Super Palm Gloves (\$40, amazon.com)
4. Parka Punk rock for your powder drive. Taped seams and Thermolite insulation keep frostbite out; trendy patches make it portable off-slope. Buy it: L.A.M.B x Burton Riff parka (\$330, burton.com)
5. The tracker measures altitude, distance, speed and pace while you crank your favorite mountain playlist. Buy it: TomTom Adventurer tracker (\$350, amazon.com)
6. Snowboard A favorite of olympic gold medalist Kelly Clark.Buy it: Burton Feelgood snowboard (\$600, amazon.com)
7. The Snowboard Bindings Designed by Women, these eco-friendly bindings have the best shock absorption around. So put that landing on. Buy it: Burton Escapade snowboard bindings (\$320, amazon.com)
Goggles These glasses maximize your peripheral vision so you can by any whiteout. Buy it: Dragon Alliance X1s glasses (\$180, dragonalliance.com)
The helmet The hard shell hides the microventilation tech that circling air around your head (no sweaty hair). Buy it: Smith Vantage helmet (\$230, smithoptics.com)
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Review Info
Picture: Xbox One Time is played: 15 hoursIt’s been almost 13 years since the launch of the original Gears of War and it’s fair to say that the series has changed a lot - it’s not quite the same meat-headed testosterone-fest that it used to be. We don’t mean it in a bad way. When the original Gears of War came out in 2006, we weren’t looking for much more from our shooters beyond mindless fun: point gun, shoot gun, kill enemy. B-movie-meets-80s-action-flick vibes were something we had loved and, in some cases, still do. But The Coalition has tried to do something with Gears that few franchises have managed to achieve: modernize the gameplay without losing the key elements that made the series so beloved in the first place. It doesn’t always hit the nail on the head, but Gears 5 is certainly the best series it’s been in a while. Shifting gears(Image credit: The Coalition)Gears 5 naturally picks up where Gears of War 4 left off. Forgot where it is? Don’t worry, there’s a quick video recap at the beginning to remind you. Players step into kait Diaz’s shoes for the first time as, after the events of Gears of War 4, try to come to terms with her mother’s death, unravel the twisted roots of her family tree and deal with her own personal luggage. Meanwhile, humanity is once again threatened - this time by Swarm, the successor to the Locust horde. We want to keep this review as spoiler-free as possible, but essentially that’s where Gears 5 begins: Kait is looking for answers and tensions among Gears are high. This is also a strong jumping-off point that immediately tells us that Gears 5 will delve into storytelling and story elements more than any of its predecessors. While we’ve seen Marcus, JD, Cole and co. growing and changing over the years, it is clear that Gears 5 aims to flesh out these characters even more – an admirable goal, even if it doesn’t necessarily click. We feel an affinity for Marcus Fenix and Gears – they are flawed heroes that we’ve seen become less flesh-headed with each addition to the series. The coalition is trying to delve further into this human element in Gears 5: the politics behind Gears, the controversial decisions that some members have made and their impact on the world around them. But it just feels like the developers haven’t gone far enough – as if the game has dipped their toes in the pool but has no intention of swimming into more complex waters. It just feels like the team can’t enough - as if it dipped her toes in the pool but has no intention of swimming It is also difficult to warm to Kait as the new protagonist, mainly because we have not grown with her over the years. Change isn’t always a bad thing and a new look is definitely needed, but it’s hard to pinpoint what makes Kait so hard to connect with: she just doesn’t feel relatable. That said, strong story is not Gears selling point. The series has never tried to be something that it isn’t and knows where its strengths lie: strong combat mechanics and multiplayer (which we come to). While it may not hold the landing when it comes to deepening players in history, we appreciate the direction it takes to identify that this is something we want more of – more connection to these characters – and that’s not to say that the story is bad. It just doesn’t go far enough. And yet, Gears 5’s lore element is the best they’ve ever been. There are now more lore collectibles to pick up than ever, including coins, posters and books, plus plenty of nooks and crannies to dig in, from settlements to hidden research facilities to snow-capped mountains. The environment really builds the world rather than history and dialogue. The problem with Change (Image credit: The Coalition)With Gears 5, the Coalition has got quite experimental - and that’s something that was needed. The developer took over the Gears series from Epic Games that started with Gears of War 4 and due to the scrutiny of having crossed the reins of the beloved series, there wasn’t much the team wanted to change when it comes to core games. After Gears of War 4 was well received, and with fans seemingly offering their blessing on changing hands, the coalition has stretched further to try some new open world and election-based elements. With Gears 5 marketed as the biggest Gears to date, it’s unsurprising that there are more chances for exploration than ever. You now have the wonderful (but frustrating to control) skiff vehicle that will allow you to explore the biggest maps we’ve seen so far. It’s a palate cleaning that gives players some breathing space between big missions, giving them some time to soak up the beautiful world The Coaliton has created and generally just slow down the pace when you need it. But again, it just doesn’t feel like enough. The open world element is just that: elements. You are teased with the prospect you can explore anywhere and explore in your spare time, but then you often hit very clear walls that hard remind you that this is not the case. There are only certain areas where this happens and it feels almost pointless. Thankfully, the Coalition has given players more room to approach the goals in different ways, which is a welcome addition. This allows you to have more autonomy over how you choose to play. Will you sneak closer to a situation or go in cannon-blazing in classic Gears style? It seems like a minor change. It provides a much more dynamic combat experience that lets you feel like you’re doing more than running and gunning through linear gameplay paths. Though, that’s the aspect that Gears really excels at... Combat is king(Image credit: The Coalition)While Gears 5 may not shine when it comes to storytelling or experimental elements, there is no denying it really remains one of the smartest shooters on the market. Despite sticking to their cover-shooter roots, gears have gone from strength to strength with each addition to the series, and Gears 5 is the most refined. The game flow of shooting, reloading, changing cover and replacing weapons all feel smoother than ever – much of the clunkiness that we’ve seen before is gone. It’s more satisfying than ever to mow down horde waves, seamlessly dodging and sawing through the brave enough to get in the way of your Lancer. The classic 80s-style, over-the-top action movie cheese is still stuck there – and if we’re honest, it’s a sight for sore eyes. Each firefight is a blood-pumping extravaganza that reminds us how good Gears feel to play when you simply want to turn off your brain and power through lots of enemies. In another experimental addition, we also have the option to upgrade our new robot companion, Jack. Worldwide, you can pick up components used to upgrade Jack’s abilities such as his health, zapper, core and stealth, giving you more strategies and choices when it comes to combat scenarios than ever before. Let’s talk multiplayer(Image credit: The Coalition / Microsoft)Gears games have always excelled when it comes to multiplayer, especially in its unique co-op modes, which are built to be social games where you and your friends can take a hit at once and then. Gears 5 is no different – and if anything, its multiplayer modes are magnitudes better than the ones the series has offered so far. We knew before the release that the Coalition was promising the biggest Gears game yet, with more co-op and PVP options than you could shake a stick at – and it wasn’t lying. Gears 5’s multiplayer modes fall under three camps: Horde, Escape, or Versus mode. In horde mode, you fight alongside other players to fend off 50 increasingly difficult waves of AI-controlled horde enemies. As the game progresses, you’ll gather power to build defenses and get better weapons. It’s a time-consuming glove and a lot of fun, just as it’s always been. Next up is the new Escape mode, a maze of gun-blazing chaos that sees you work in a team of three players (online or local co-op) to fight through an enemy hive map as quickly as you possibly can, knock down anything that gets in your way and avoid the toxic gas creeping behind you. Escape mode allows for a quick explosion of multiplayer action, especially for those who don’t have time to mode. However, it risks becoming boring due to a lack of maps and characters. (Image credit: Coalition) Finally, Mode, which itself has plenty of options that include a mix of classic and new arcade modes such as Tour of Duty, Bootcamp, Escalation, King of the Hill, Arms Race, Dodgeball, Execution, Guardian, Team Deathmatch and Warzone. And that’s just the ones we know about so far: The coalition has already said there’s a lot to come after launch. These fast matches are great for those who enjoy classic Gears (or most FPS) multiplayer modes with a little extra bite and slicker mechanics. While there may not be many maps at the moment, as we mentioned earlier, the matches do not necessarily feel limited by this. While charging times are currently a little slow, all of Gear’s 5 multiplayer modes are really its crowning glory. Verdict(Image credit: The Coalition)Gears 5 is the best we’ve seen the series so far and cements the Gears of War location as arguably the biggest shooter on the market. It’s hard to find a title with prettier shooting mechanics, more multiplayer modes, adrenaline-pumping firefights and a campaign that has you enthralled from the start to. But when it comes to creating a tying story or a world we can sink our teeth into – it’s a bit of a tease. We wish the Coalition had gone one step further in delivering a compelling and rich story that they suggest but did not deliver. At the same time, those who know what to expect from a Gears game are likely to be more than happy with the latest offer. Best Xbox One games 2019: key Xbox one releases

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