

Glacial Gear on THE Overland Podcast

Thank you for joining us on **THE OVERLAND PODCAST!**

- The week has gotten off to a great start...
- We were at home this weekend...started off not feeling too well but bounced back
- Hiked a section of the Ouachita Trail to Nancy Mountain Shelter
- Came home and made Toffee (my wife's tradition each year around Christmas)
- It is absolutely the BEST!

Sunday...

- We met up with Luke and Jessie from UltraliteSacks
- Took them out and showed them around the Ouachitas...
- Rained and rained and rained...we got soaked...
- But had a great time
- They have built out a van to travel around and camp in
- They were wanting to get away and just get outdoors for night
- We showed them our honey holes...

Now we are back at the old Grind!

- Back to work
- Preparing for our next adventure...
- THIS weekend...men's backpacking trip to the Ozark Highlands Trail
- So pumped!

Traveling Over Land via feet!

- It is a way to connect with the outdoors
- A way to get in tune with nature
- A way to get in and stay in shape
- A way to connect with other great men!
- Learning ways to Improvise, Overcome and Adapt!
- I am ready!

Several of the items I am taking with me on this trip are made by our Guest!

- We have with us Shane (and Shareen?) Peterson from Glacial Gear!
- Welcome to the show!

I discovered part of your products a few years ago...

- Garage Grown Gear – a one stop shop for all ultralight backpacking small businesses

- Then in 2022, I actually won a competition called the #giveashit sponsorship from Responsible Stewardship (I want to talk about them more later in the show) and as a result, I was sent a couple of your amazing products.
- Since then, I have used your products every single time I have went out and have proudly posted and tagged you in several posts
- And I couldn't be more excited to have you on the podcast and visit with you, getting to you know you and about your small business even better!

Shane – Background

Shane, I love businesses such as yours where, on your website, you not only give a history of your business, but also give a little history about yourself!

- So, if you would, please introduce yourself
- Tell us a little bit about yourself
- Where you are from
- Your wife, family and all that jazz.
- We want to get to know YOU a little better...the man behind GG.

Grew Up in Illinois

- You grew up in Illinois
 - Exploring the outdoors in Illinois
 - Now Illinois is not on my radar for exploring the outdoors
 - Can you give us a few places there (you mention Nippersink Creek) just in case we find ourselves in Illinois and want to get outdoors?
- Your wife (Shareen) grew up in northern Minnesota (one of my wife and I's new favorite places – we actually honeymooned for a week in Ely. The Boundary Waters Wilderness is unreal nice.
- Close to the North Country Trail – another of our new favorite places – we backpacked the Pictured Rocks section last summer.

You have dogs...

- Chihuahuas?
- You post pics of them a lot on your social media.
- One thing I love about your social media is that it is not all about your gear...it is about your and your life as well.
- You are very personable.

You post pics of hiking a lot

- What are some of your favorite places you have been?
- Any bucket list trips?

It was on the Ice Age Trail where you got the idea for Glacial Gear...

- The Ice Age Trail is one of the 11 National Scenic Trails
- It is all in Wisconsin
- www.iceagetrail.org states “More than 12,000 years ago, an immense flow of glacial ice sculpted a landscape of remarkable beauty across Wisconsin. As the glacier retreated, it left behind a variety of unique landscape features. These glacial remnants are now considered among the world’s finest examples of how continental glaciation sculpts our planet.”
- How did you enjoy your time there?
- I assume “Glacial Gear” got its name from the Glacier aspects of the Ice Age Trail?

History of the Company

- Take us through that time, the process of what was going through your mind as you hike this amazing trail and how the idea of creating what you need turned into a small company.
- We have interviewed so many different small boutique companies that share this same kind of story.
- Their love for the outdoors had them experiencing it somehow.
- You get out there and you have so much time to ponder and to think about everything and one of those things is “what would make my life easier and better right now?”
- Then you come up with something and run with it.

The birth of the trail rag...

- I carry this everywhere
- If there is one thing I do, no matter what the weather...I SWEAT.
- I am always having to wipe my face, my nose or whatever
- Having a trail rag has been a life saver for me.
- I never leave home without it.

When did you know this would be a business that you wanted to get into?

- What was the moment for you?
- Had you ever thought of doing that before that moment?

How did you decide to branch out and make more items?

- Was it an easy transition?
- I love that there are so many stories like yours
- Where you were originally outdoors people and you figured out something you needed
- But not only something YOU needed but something that would benefit others as well

- And you turned it into a nice small business that not only provides you with income but helps everyone have a more pleasant experience.

Now you offer several items...

- Blankets
- Sleeping bag liners
- Gaiters
- Hats
- Beanies

So...let's talk about **Your Material**...

- Talk about Merino Wool
- The specific kind you use and WHY?

Characteristics of Merino Wool

- WARM: Wool is a great insulator, as the fiber's natural crimp, the waviness of the wool fiber, traps pockets of air, which provides resistance against cold temperatures.
- WATER RETENTION: Merino wool is absorbent and can absorb up to 30 percent of its weight in water before it feels wet.
- DURABLE: As a natural fiber, merino wool is inherently very strong, as the individual fibers interlock as a result of the protein structure. The fiber's natural crimp also adds elasticity and strength.
- BREATHABLE: Merino wool has great breathability because the wool is able to absorb and evaporate moisture. Because of its breathable nature, merino is a great fiber for regulating body temperature making it a perfect base layer for outdoor activities.
- COOLING: Merino wool stores moisture in its fibers. As that moisture evaporates, it creates a natural cooling mechanism and helps regulate body heat.
- MOISTURE-WICKING: Like some synthetic fibers, merino wool also has the ability to wick moisture away from the skin. This is because of the wool's amazing absorption and breathable qualities.
- SOFT: Since merino wool fibers are finer than any other sheep fibers, they are extremely soft to the touch.
- ODOR-RESISTANT: Merino wool has antimicrobial properties, as the natural lanolin in the sheep's wool repels odor-causing bacteria. Since merino wool manages moisture so well, there is no wet environment for that bacteria to grow.

Washing Instructions

What is the best way to clean the wool items?

- After weeks of hiking and an occasional dip in the nearest creek, use a mild (preferably wool) detergent with your machine set to hand wash.
- Lay flat to dry. (Hanging completely wet woollens to dry is not advised-this may result in stretching out of shape)

You have had some exciting opportunities here lately

- You have partnered with one of the biggest and most popular ultralight backpacking companies in the U.S. - Zpacks
- Trail Rag
 - 100% Merino Ultralight Trail Rag
- Sleeping bag liner
 - Australian sourced Gostwyck Merino wool sleeping bag liner
 - Lightest sleeping bag liner on the market
 - Soft as cashmere yet still machine washable

Not very long ago you relocated to South Carolina...

- Recently you were very close to Hurricane Helene
- How did that affect you and those around you? And what did you see from the community there?

Responsible Stewardship

- You work very closely with an organization called Responsible Stewardship
- I love this organization as they not only just make up something like (I wont name names) Principles of Leave No Trace and then expect people to follow them.
- They set the example of actually DOING something about making our world a better place.
- They had a HUGE impact on the Hurricane cleanup.
- I would love to get Benny Braden on here to help spread the word about what they do,
- But if you would...talk a little about them and your work with them.

Make sure and give Glacial Gear a follow:

Instagram - @glacial.gear

Website – www.glacialgear.com go there and subscribe to emails.

Facebook Page – Give them a follow at Glacial Gear

Conclusion

Shane, I greatly appreciate you coming on the podcast

I have thoroughly enjoyed learning more about you, your family, and your business!

I want to encourage you on you diet journey and getting healthy!

- I have been down that road and so if you ever need someone to talk to
- You ever feel weak and want to give up
- Holler at me...

I love your products and love using them. I said it before I never leave home without my trail rag!

So...Thank you!

I want to thank everyone for tuning in and listening to this conversation.

I hope you have gotten as much out of it as I have. What a great talk, learning a lot about staying clean and warm!

I hope you have a wonderful week.

We are signing off here on THE OVERLAND PODCAST.

Look out for number one and don't step in number 2.

We are out!