

NOTES ON WINTER DRESSING

-Always dress in layers. You should have a light layer next to your skin that will help draw away the moisture when you sweat. Wool or a thermal layer is best. Cotton stays wet so if your inner layer is a cotton t-shirt, make sure you have lots of them so that you can change frequently.

-After the inner layer you should have a long sleeved shirt, a sweater with a hood, and, depending on how cold it is, another sweater. The outside layer should be a wind and water resistant jacket. It need not be very heavy.

-The same applies to the bottom half. Start with a pair of light sweats or long johns. Then add a heavier pair of pants. **Jeans are a bad choice in winter.** When they get cold, they stay cold and they are very hard to dry if they get wet. Choose a pair of heavier sweats or a pair of light pants. Cover up with a pair of wind and water resistant ski pants.

-If you dress this way, when you get hot from activity, you can remove a layer. If you are only wearing a t-shirt under a heavy parka and you get hot, you'll freeze if you take the parka off and get wet if you leave it on.

-If your toes get cold, put on your hat. Most heat is lost through your head and your hat is your most important piece of clothing. Headbands are okay to keep your ears warm but **you must have a hat!!**

-Keeping your toes warm also depends on having good boots and keeping the water out of them. If you are playing in the snow, have your snow pants over your boots to keep the snow out. **Wear two pairs of socks.** Remember that cotton stays wet and if your feet sweat in your cotton socks, your feet will freeze (not to mention get really stinky!). Wear wool or thermal socks if you have them or change your socks frequently if cotton is all you have. If your boot liners get wet, put on dry socks, then put plastic bags on your feet inside your boots with the wet liners. Get the liners dry as soon as you can. It takes longer to dry boots without liners but it still needs to be done as quickly as possible.

-Mitts are warmer than gloves. Thinsulate mitts with a water resistant shell will keep your fingers the warmest. Knit mitts allow the wind and water in and if you are wearing them, wear two pairs at a time and have lots of spares. Gloves prevent your fingers from keeping each other warm and are not as good as mitts.

-Water is your worst enemy. If anything gets wet, take it off and get something dry. **TELL AN ADULT** if you are cold or wet.