NH Becoming an Outdoors-Woman
IN WINTER

Recommended Clothing for Winter Outdoor Activities

Wearing layers allows you to add or remove them depending on the weather conditions and your activity level. If you dress properly, moisture will evaporate from your body. If you become too hot and your clothing traps the moisture, you will get cold.

Layers:

- The **first layer** of clothing should be underwear that "breathes." Beware of tight-fitting cuffs and elastic bands that cut off circulation. Wool, silk and polyester are recommended for the first layer – avoid cotton as it hold moisture and will make you colder.

- For the **second layer**, wool is fine if the conditions are dry. For wet conditions, synthetic fabrics or fleece are recommended. These fabrics keep you just as warm, yet dry quickly.

- The **outer layer** of clothing should be windproof and water repellent. It should be snug, but loose enough to permit freedom of movement and to keep your blood circulating. This layer could include a winter jacket and waterproof pants, such as ski clothing, or a snowmobile suit.

Headgear: wear a hat that covers your ears. 10% of your body heat is lost from your head when uncovered.

Eye protection should include 100% UV protection sunglasses.

A neckwarmer, Gator/buff or turtleneck will keep your **neck** warm. Scarves are not recommended for active outings as they can become tangled and hinder movement.

For **hands**, mittens are the warmest. They should not fit too tightly or have a shell that gets stiff when cold. Insulated gloves are fine. A light inner glove or liner is recommended. You should always carry an extra pair of mittens in the event the first pair gets wet.

Your **feet** need some high-bulk (wool or synthetic) socks worn in a good boot (avoid cotton socks.) Be sure your socks do not make your boots too tight because you will cut off your circulation, causing cold feet. It's a good idea to carry an extra pair of socks. Boots with nylon or leather tops, rubber bottoms and felt liners are popular. Waterproof footwear is essential.

When heading out for a winter experience, it is suggested that you bring a **daypack** with some basic survival items, such as:

- Identification
- Any necessary medical info
- High-energy snacks
- Extra mittens and socks
- An extra layer
- Water