

# Winter Clothing Essentials

- **Winter boots**

- Get a pair with good grip which are insulated and waterproof.
- Some boots come with a removable lining that can be taken out and dried.
- Boots often have an insulation rating (5°C to -10°C, 0°C to -20°C, -10°C to -25°C, -20°C to -40°C) which can be used as a guideline (the salesperson can assist you with this in the store).
- Don't get boots that are too tight. You should have enough room to wiggle your toes comfortably. The air space around your toes will provide extra insulation.
- Some common brands for winter boots include: Sorel, The North Face, Baffin, Cougar, UGG, Kamik, Pajar, Columbia.

- **Warm socks**

- Choosing the proper sock can be the difference between a cold wet foot and a warm dry foot.
- Wool socks (merino wool in particular) are highly recommended for keeping your feet insulated and dry.
- Remember to take the appropriate socks with you when you go to buy your winter boots so you can try them on together.

- **Winter coat**

- Consider the activity that you will be doing while wearing the coat.
- Consider the insulation: down or synthetic
  - Down tends to be warmer but it is less waterproof
  - Synthetic is heavier and bulkier but retains heat while wet
- Take into account that you may need room for layers underneath.
- A  $\frac{3}{4}$  length coat which covers your hips will help you to stay warm and enable you to sit comfortably.
- Coats should have high collars and a hood.
- Zippers are better than buttons. It is also a good idea to attach tabs to zippers so they can be opened and closed easily without needing to remove your gloves.
- Some common brands for winter coats include: Canada Goose, The North Face, Columbia, Kanuk, Quartz Co.

- **Tuque (Hat)**

- Covering your head and ears is crucial to staying warm and avoiding heat loss.
- Some hats have a lining for extra insulation.

- **Gloves or mittens**

- Waterproof, insulated gloves are a must to keep your hands warm and dry.
- Mittens keep your hands warmer than gloves.
- You can also wear a thin pair of gloves with thicker and waterproof mitts over them.
- Adjust your coat sleeves and cuffs so that snow and moisture cannot get into your gloves.
- Don't get gloves that fit like a glove! Choose a size bigger than normal so that you have some space for air at the ends of your fingers. Air is a better insulator than the glove itself, and this will help to keep the tips of your fingers warm!

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- **Scarf or neck warmer**
  - A scarf or neck warmer will protect your neck from the cold and can be pulled up to cover your nose and mouth.
- **Sunglasses**
  - It might seem mad to think about wearing sunglasses in winter, but sunglasses will protect your eyes from the sun reflecting off the snow.
- **Snow pants**
  - If you will be outdoors for an extended period of time, wear snow pants to keep your legs warm.
  - People often wear normal pants underneath and remove their snow pants once they're indoors.
- **Crampons**
  - These can be practical for particularly icy days or when there is freezing rain to help you grip the ground better.
  - You can get removable crampons which can be put over any pair of footwear.
  - Some brands of winter boots have crampons already in the soles that fold out into place when needed.
- **Long Johns (Thermal underwear)**
  - The key to dressing in winter is wearing layers.
  - Wear long johns or thermal tights/leggings to protect your legs from the cold. A thermal top is also a good idea.