

How to dress for winter

The key to winter dressing is layers!

You want to be able to adjust to changing weather conditions and different activities. Layers mean you can add or take off clothes as needed.

Layers also create an insulating air space between the skin and the cold and loose layers means better blood circulation to control body temperature.

Typically, you should aim for 3 layers: an inner (base layer), a middle layer and an outer layer.

Inner (Base) layer:

- This layer helps move moisture away from the body to keep your skin dry.
- Your inner layer needs to be warm and should cover most of your body.
- Materials to choose: merino wool, polyester or another synthetic fibre.
- Do not use cotton as a base layer as it holds in moisture close to the body so your skin cools quickly instead of wicking it away from the body.

Middle layer:

- This is the insulating layer.
- This can be multiple thin layers.
- Materials to choose: wool and fleece, polyester, down.
- Like the base layer, it's best if your mid layer breathes, to allow moisture to move away from your body.

Outer layer:

- This is the layer that provides protection from water and wind, so it needs to be warm and waterproof.
- Materials to choose: Goretex is a good choice.
- Winter coats can have down or synthetic insulation.

Don't forget that layering can also apply to your hands and feet.

- Wear two pairs of socks
- Wear two pairs of gloves —thick waterproof gloves or mittens can be worn over a thin pair of gloves