

Exercising in the Cold



Base Layer

- Wicks moisture from skin
- Synthetic fabric
- Snug fit without chafing

Mid Layer

- Insulation
- Wool/fleece/synthetic with air pockets to retain warmth
- Zippers for venting
- Not constricting

Outer Layer

- Protects from elements
- Allows air circulation/moisture escape
- Dry conditions: breathable shell
- Wet conditions: waterproof breathable shell
- Zippers for venting

Head/Hands/Feet

- Proper headgear for face/ear protection
- Use gloves designed to keep hands warm and dry
- Waterproof footwear prevents blisters from moist environment