

Keeping Warm!

What is Layering?

Layering refers to the method of wearing multiple thin garments in the outdoors for optimal comfort. Adding or taking off layers as your activity level or the environment changes can control your temperature and comfort.

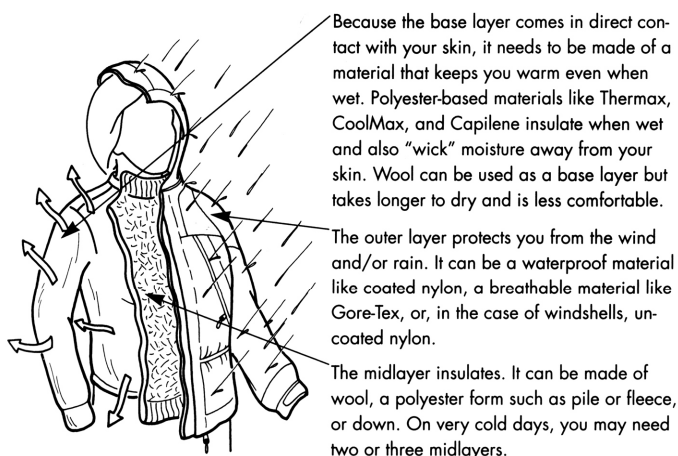
How Layering Works...

The basic premise of layering systems is that if you stay dry, you stay warm. Damp clothing literally pulls the heat away from your skin.



Moisture can come from your body in the form of perspiration, or from the environment in the form of precipitation. Inner layers next to your body should be able to wick away perspiration and push it away from your skin. Outer layers should shield you from precipitation, and ideally breathe so perspiration can escape.

The middle or warmth layer should be a fabric that keeps you warm, even if it should become damp. Remember, the key to successful layering is constantly adding and removing layers so that you stay dry.



Dressing in layers of suitable clothing allows you to microadjust the environment around your body and stay comfortable and dry despite what Mother Nature throws in your direction.

Why Not Cotton?

Cotton soaks up body perspiration and holds it gets wet, it can be colder than having no layer



next to your skin. Once cotton at all.

Long Underwear

Cotton Long-johns are out! Wicking fabrics synthetic/wool blends are in. These high-tech from your body, keeping you warm and dry. They can also serve as pajamas. Long underwear top and bottom are both recommended.

such as Synthetic or fabrics pull perspiration away

Warmth Layers

It is important to have several warmth layers one thin and another thick. Consider fabrics that will keep you warm even if they get wet. There are numerous synthetic products, as well as wool. One thin fleece/synthetic top or wool sweater work great for the thinner warm layer. A more thick fleece/synthetic jacket or a down parka are necessary for colder temperatures at higher elevations. Synthetic or wool pants work well to insulate your lower body. Wool, synthetic, or wool/blend hat and gloves are recommended.

Shell Layer

A Coated nylon or Gore-Tex. jacket is ideal, it should extend below the waist and have ample ventilation. Coated nylon or Gore-Tex pants protect the legs from wind and rain. They can be layered over pants or worn over shorts in warm weather.



Socks

Dry feet are happy feet. Wear wicking fabric next to your skin with an insulation layer of synthetic or wool. Two pairs are recommended to minimize blisters and maximize wicking action of moisture away from the foot. Bring extra socks so you can sleep in a dry pair, and be able to put on a dry pair in the morning.