

COLD WEATHER CLOTHING GUIDE

Spending an entire day outside in the winter and truly feeling comfortable and enjoying it requires strategic layering – follow our basic clothing guide to help you and your child in determining how best to prepare for the winter season here at Dogwood!

FACE & NECK

Layer 1

- Cotton, fleece or knitted wool
- Should be able to cover neck, nose and cheeks simultaneously
- Ex. hats, neck warmers, balaclavas, etc.

****Pack an extra hat and neck warmer****



HANDS

Layer 1

- Gloves made of wicking polyester, polypropylene, fleece, knitted wool or cotton

Layer 2

- Mittens made of nylon or leather exterior with insulated inner layer

****Pack extra gloves and mitts****



TOP LAYERS

Layer 1

- Wicking athletic base layer
- Polyester, polypropylene, or blends



Layer 2

- Thermal base layer
- Light, moderate or heavy depending on climate



Layer 3

- Cotton long/short sleeve shirt layer



Layer 4

- Wool or fleece layer (thick and fluffy)
- Ex. sweaters

Layer 5

- Shell and additional insulating layer
- Ex. Winter coat

****Pack an extra sweater****



BOTTOM LAYERS

Layer 1

- Wicking athletic base layer
- Light, moderate or heavy depending on climate



Layer 2

- Loose cotton, wool or fleece layer
- Ex. Sweatpants or pajama pants



Layer 3

- Shell and additional insulating layer
- Ex. Snow Pants



FEET

Layer 1 (optional)

- Thinner wicking layer

Layer 2

- Thick wool (merino is best)

****Pack extra socks****

Layer 3

- Winter boots that are waterproof

The key is to not compact the foot in the boot and to avoid moisture-holding materials such as cotton – air pockets from wool-type socks help with insulation

