

GUIDE TO WINTER LAYERING

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The winter is a really beautiful time in nature, however; it can bring it's challenges when approached without the proper clothing. In this guide I will share with you why layering is important, how to layer, and some resources on where to find affordable yet efficient layers.

WHY WE LAYER:

When we layer efficiently we are able to use our bodies naturally generated heat to keep ourselves warm. Not all layering is created equal! It's important to know what materials to look for in order to have an efficient layering system with the ability to adapt if weather changes for the better or worse.

Layering works due to the increased insulation you are creating with your layering systems. The way insulation works is by slowing the conductive/convective heat flow. When you slow the heat flow you can control keeping heat in towards your body instead of escaping and leaving your body. We use the same strategies in layering our clothing much like they do in the insulation of a home.

HOW TO LAYER:

We call it layering for a reason. There are usually between 2-4 layers depending on how cold and wet the conditions are outside. We use fabrics that have good insulation properties such as: wool, down, and polyester (a synthetic material.) When we use these layers in the correct order we can maximize our time in the outdoors during even the coldest days.

LET'S BREAK DOWN THE LAYERS:

I. BASE LAYER- THINK FOUNDATION!

This can in most cases be the most important layer! This layer is skin tight and goes under all other layers. They come in different weights to describe their efficiency. Heavier weight=warmer Lighter weight=not as warm. When choosing a base layer, keep in mind how

your body does with the cold. If you usually are very cold then a heavier weight should be chosen. If you are normally always warm then a lighter weight would do.

Some great base layer brands: Smartwool, Icebreaker, Ibex, Terramar, 32 degree heat, Eddie Bauer, Columbia, Patagonia REI, etc.

2. MID-LAYER- THINK EXTRA WARMTH!

This layer is important for adding the insulation properties to your layering system. This layer will likely be a down or synthetic puffy jacket but it can also be a fleece. This layer can also be used as an outer layer on a dry or warmer day as well. Your mid-layer and baselayer work together to help keep your heat!

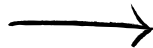
Some great mid-layer brands: Columbia, The North Face, Eddie Bauer, LL Bean, Patagonia, REI etc.

3. OUTER-LAYER- THINK WATERPROOF!

This layer is important to keep you dry during wet conditions as well as providing a wind layer. You will want this to either be a hard shell (waterproof without any insulation layers) or it can also be a winter coat with insulation added. I personally recommend a hard shell so that your layers can be shed or put on easily. They are more efficient this way.

Some great outer-layer brands: Columbia, The North Face, Eddie Bauer, Patagonia, REI, etc.

HOW TO TELL IF THE JACKET IS WATERPROOF:



1. OTHER IMPORTANT ITEMS- THINK THE MORE COVERED THE WARMER!

1. Hats- Make sure you have a nice warm hat, of any kind, to keep heat from escaping from you exposed head.

2. Socks- Make sure to have wool or polyester socks. Keeping your feet dry and warm is HUGE in the winter. It can be very problematic and sometimes fatal if our feet get wet and cold in winter conditions.

3. Gloves- Be sure to select and insulated and waterproof glove or mitten. Mittens are great for if you fingers get cold in gloves. They keep your fingers together so they can share heat! Still have cold hands? Then you can get a wool liner glove that goes inside your winter gloves.

4. Thermal tube or face covering- Keeping as much skin covered as possible will provide the most warmth. These thermal tubes are extremely versatile and can be used for a head covering, neck covering, as well as a face covering.

5. Footwear- It is very important to have waterproof footwear for winter conditions. Insulation is also very important. If you only have a waterproof boot that is not also insulated then you would want to wear a thick wool sock with it to help your feet stay warm while also staying dry.

TAKE AWAYS:

1. BASELAYER : THINK WOOL OR POLYESTER

2. MID-LAYER : THINK FLEECE OR DOWN/SYNTHETIC FILL

3. OUTER-LAYER: THINK WATERPROOF

