

# TIPS FOR DRESSING IN WINTER MONTHS



## Cool Weather (Late fall / Early spring)



**Base Layer:** Long sleeve shirt and pant layer made of synthetic fabric (*not cotton, which absorbs sweat and can make you cold*)



**Outer Layer:** Lined, wind-resistant, waterproof jacket and snow/splash pants

Warm, waterproof boots or rain boots

## Cold Weather (Early winter / Late winter)



**Base Layer:** Long sleeve top and long johns bottom made of synthetic, wool or silk fabric (*not cotton*) and non-cotton socks (*wool is best*)



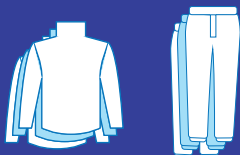
**Insulating Layer:** Sweatshirt and sweatpants, or fleece jacket/pullover and fleece pants



**Outer Layer:** water-resistant snow suit, non-cotton hat/toque, tube neck warmer and water-resistant mittens

Warm, waterproof boots

## Extreme Cold Weather (Mid-winter)



Follow the 'Cold Weather' tips but add one or two additional layers on top and bottom