

Dressing for the weather



In order to make the outdoor experience a fun and comfortable one for everyone, careful thought and planning should be given to what is worn. The secret to being comfortable in the out-of-doors is to dress in layers.

Use this guide to help determine what to wear on your next adventure depending on the temperature. Each garment traps a layer of air which acts as extra insulation. Layers can be added as the temperature drops and taken off as the body warms up. It is usually 10-15 degrees cooler in the woods than in town.

Keep in mind this guide is for when you are doing outdoor activities and not being sedentary. Please consider packing extra layers, especially in the shoulder seasons like Spring and Fall where temperatures frequently change. Please check out our Winter Layering Guide for the colder months. The Winter Layering Guide can be found here: https://www.girlscoutsofmaine.org/content/dam/girlscouts-girlscoutsofmaine/documents/Winter_Layering_Guide.pdf

Examples of layers:

Base layers: Often made of wicking (synthetic, wool or silk) fabric. Long sleeve moisture wicking shirt and capris or full length pants are recommended. In warmer months, t-shirts and shorts made of the same wicking material would be recommended. They are intended to wick sweat off your skin.

Insulating layers: These are usually a top and bottom like fleece/synthetic insulation jacket/vest/pants/Ultraviolet Protection Factor (UPF) clothing. The intent is to retain body heat to protect you from the cold. Dress in layers of synthetic or wool that won't trap moisture. Start with a base layer top, bottoms and light to midweight socks. Add a fleece top, tights and/or shell pants that block wind if needed.

Protective layer: In warmer weather, this is usually a jacket that is breathable, windproof and water-repellent, which makes them practical and suitable for all kinds of weather. A good example would be a rain jacket.

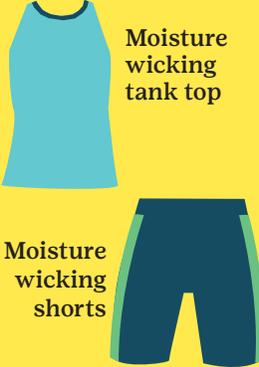
When selecting socks for outdoor activities, try to avoid cotton. Merino wool and moisture wicking materials like synthetics such as nylon and lycra spandex are great choices for socks.

Please note that while all items in this guide may not be able to be cut out and worn by Acadia personally, we should still consider packing them when using this guide to prepare for our adventures.

girl scouts
of maine

“There’s no such thing as bad weather, only inappropriate clothing” – Sir Ranulph Fiennes

Dressing for the Weather Guide

Temp	Base Layer	Insulating Layer	Protective Layer	Accessories
 <p>> 80°F</p>	 <p>Moisture wicking tank top</p> <p>Moisture wicking shorts</p>	 <p>Light weight breathable/ UV protection long sleeve</p>	 <p>Athletic socks</p> <p>Athletic shoes</p> <p>Hiking boots</p>	 <p>Sun glasses, sunscreen, baseball hat or sun hat</p>
 <p>70° - 80°F</p>	 <p>Cargo shorts</p>			
 <p>> 50°F > 10°C</p>	 <p>Moisture wicking t-Shirt</p>	 <p>Moisture wicking thermal jacket and capris or full length pants</p>		
 <p>40° - 50°F 4° - 10°C</p>	 <p>Long sleeve moisture wicking shirt</p> <p>Capris or full length pants</p>			 <p>Light hat and gloves</p>

Clothing for certain weather conditions

Sunny weather	Rainy weather	Buggy weather	Water sports	Hiking/ exploring
 <p>Moisture wicking tank and shorts</p>	 <p>Rain jacket</p>	 <p>long sleeve moisture wicking shirt</p>	 <p>Life jacket</p>	 <p>Back pack</p>
 <p>Moisture wicking t-shirt and cargo shorts</p>	 <p>Capris or full length pants</p>	 <p>Moisture wicking Jacket and capris or full length pants</p>	 <p>Waterproof bag</p>	 <p>Hiking boots</p>
 <p>Light weight breathable UV protection long sleeve</p>	 <p>Baseball hat</p>	 <p>Mosquito net hat</p>	 <p>Sunscreens</p>	 <p>Snacks</p>
 <p>Sun hat, baseball hat, sunglasses, sun screen, athletic shoes, athletic socks</p>	 <p>Rain boots</p>	 <p>Hiking boots</p>	 <p>Water shoes</p>	 <p>Water bottle</p>

Buggy Weather: When dressing for conditions such as buggy weather, try to aim for lighter color clothing as it is easier to see ticks, and bugs aren't as attracted to lighter colors. Also, try to tuck long pants into socks and aim for long sleeves to further protect from bugs. For more tips check out our Bug Guide: https://www.girlscoutsofmaine.org/content/dam/girlscoutsofmaine/documents/The_Bug_Guide.pdf

Don't let the bugs bug you!

Follow some of these tips to get them to buzz off!

Wear the right clothes

Dress in light colors—most insects are less drawn to white and blue than to bright yellow and red.

Tuck pants into socks and wear tighter clothing, which is more difficult for bugs to penetrate.

Look for clothing with synthetic or tightly woven fibers (like sportswear and compression clothing).

Cover up with long sleeves and long pants. Use of outdoor brands like LL Bean, Columbia makes clothing specific for repellent bugs, UV protection and light weight as well as proper footwear like boots and gaiters is important for bugs to attack.

Tip: Coat Feet First

Tip: Most bugs are active at sunrise, sundown, and in the shade.

Get them to react with chemicals

Deet - This is one of the longest used and most well known chemicals that repels mosquitoes. It should not be applied to exposed skin. It has some of its repellent properties when it is sprayed on clothing or gear.

Permethrin - This is a newer chemical that has been proven to be one of the most effective ways to repel mosquitoes. You can spray it on clothes and your gear. You should avoid spraying this directly on your skin.

Tip: When exploring outdoors in sunny areas, as well as areas with a lot of shade, it's important to use a repellent on your face, arms and legs. Mosquitoes & ticks frequent these areas and you'll often find ticks hidden by grass, leaves and wood chips. Be sure to inspect your skin. To learn more about ticks, check out [this link](https://www.girlscoutsofmaine.org/content/dam/girlscoutsofmaine/documents/Ticks.pdf).

Build a camp fire

A campfire is a great way to repel the mosquitoes and other insects around you. However, the smoke from the fire can also irritate your eyes and nose. Some people who have allergies or asthma may experience symptoms when camping. If you have allergies or asthma, you should avoid campfires. If you do camp, you should avoid campfires. If you do camp, you should avoid campfires.

Tip: Use a bug net over your face and head when you're sleeping. This will keep bugs out of your tent.

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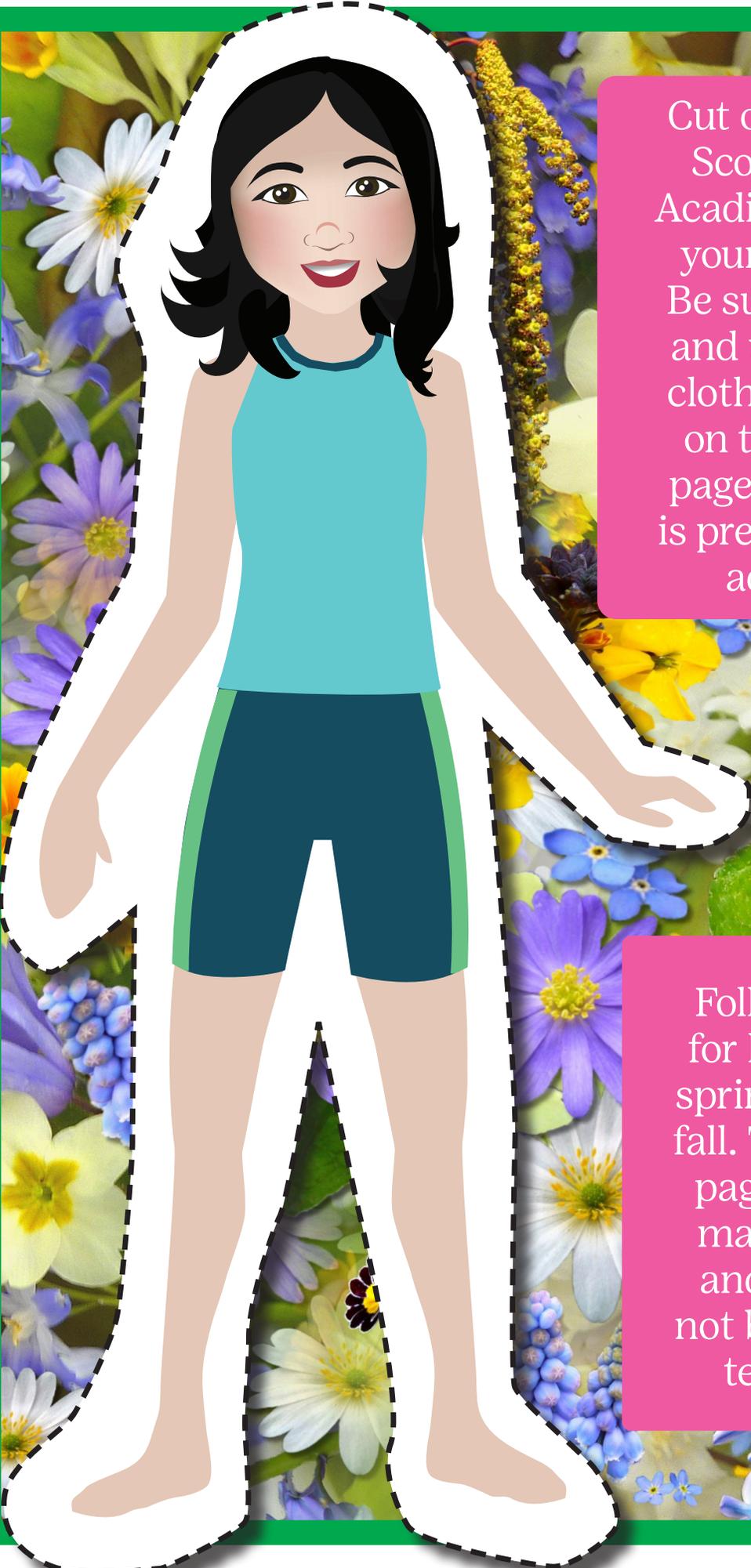
Tip: Get the net

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Fun Bug Facts

- Grasshoppers cannot breathe through their mouths.
- Fruit flies were the first living creature to be sent into space.
- Catapults have 12 eyes.
- Mosquitoes fly at about 1 mph, which sounds slow, but at that speed it's like you're flying over a basketball court!
- Large groups of fireflies sometimes flash in unison.
- There are no native poisonous spiders in Maine.
- Although it can sting, the tick is not a threat to your health. The danger is what they do when they bite you. They inject a substance that can cause Lyme disease.
- Bees are attracted to light. If an adventurous night explorer is using a flashlight, the bright beam will attract bees. Bees are attracted to light. If an adventurous night explorer is using a flashlight, the bright beam will attract bees.



Cut out “flat” Girl Scout Explorer Acadia, to bring on your adventure! Be sure to cut out and use the right clothing and gear on the next few pages so that she is prepared for her adventure!

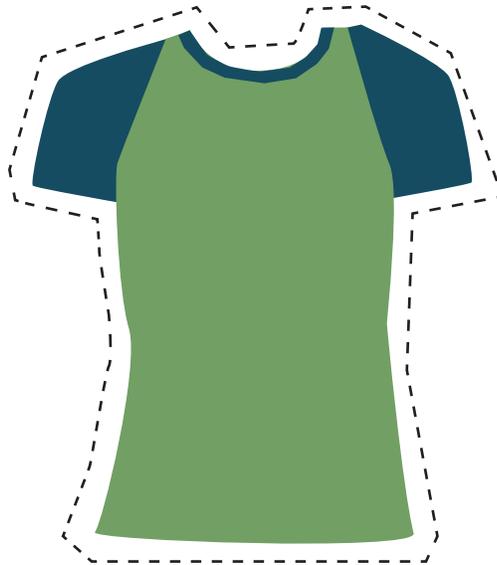
Follow this guide for layering in the spring, summer, or fall. The number of pages referenced may be different and this guide is not based solely on temperatures

Warmer weather brings many other factors to take into consideration when getting ready to explore the outdoors. For example, you may need different articles of clothing & gear for things such as bugs, rain, water sports, hiking, and extreme heat. Take a look at this guide to get ideas of what may be helpful for these conditions.

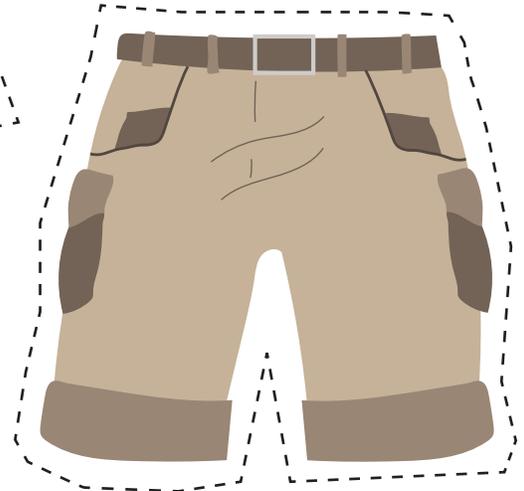
Sunny Weather

The moisture wicking tank and shorts are not featured as Acadia is already wearing them.

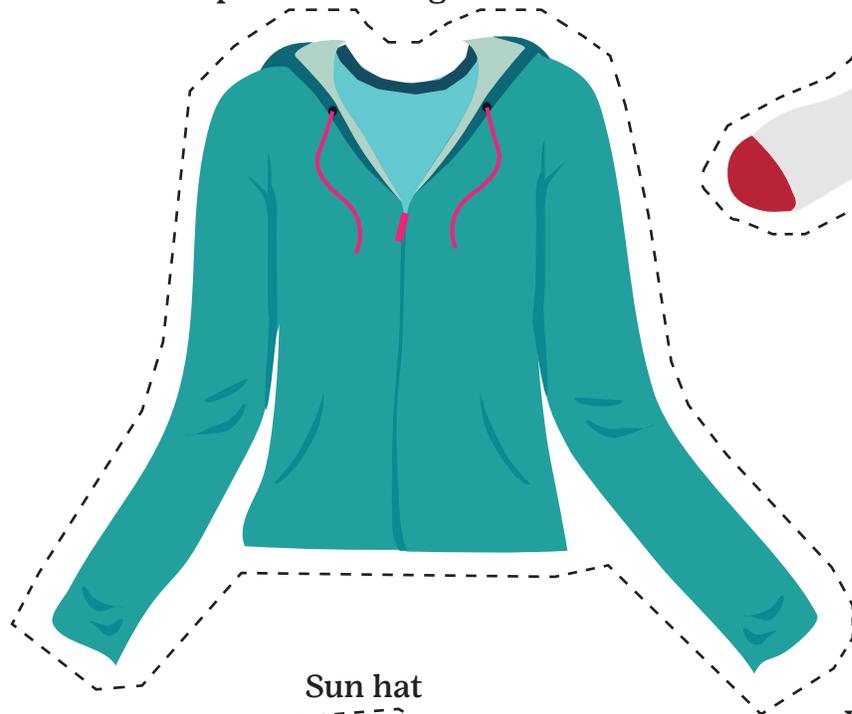
Moisture wicking
T-shirt



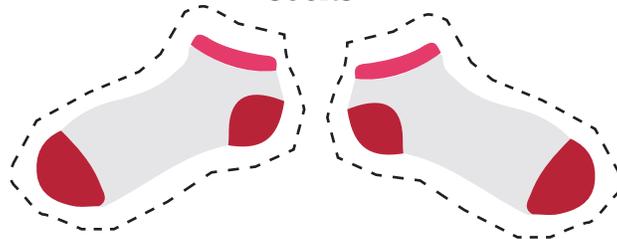
Cargo shorts



Light weight breathable/ UV
protection long sleeve



Athletic
socks



Sunscreen



Athletic
shoes



Sun hat



Baseball hat

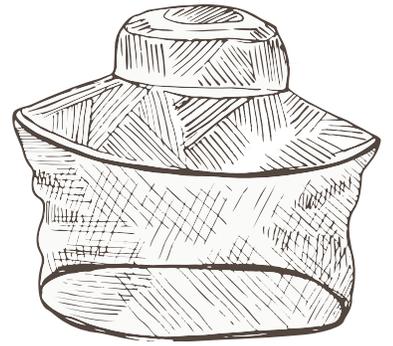


Sun glasses



Buggy Weather

Mosquito net hat



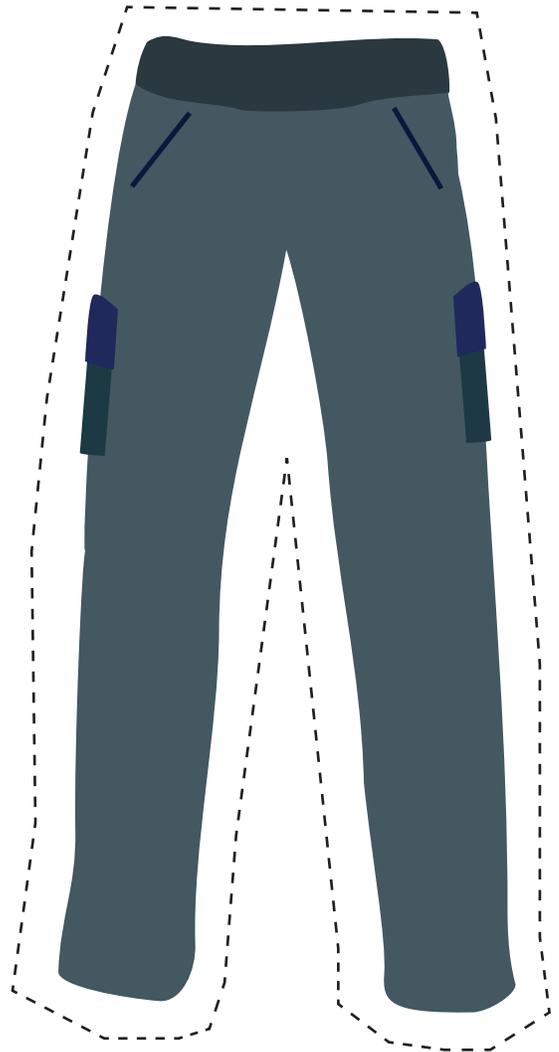
Bug spray



Longsleeve moisture wicking shirt



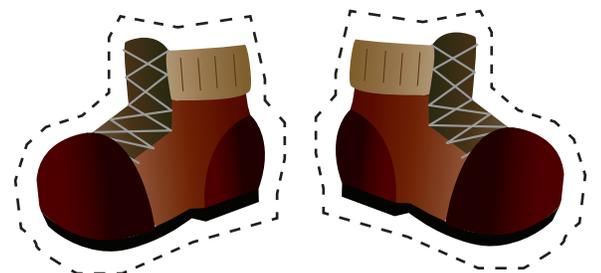
Capris or full length pants



Moisture wicking thermal jacket



Hiking boots

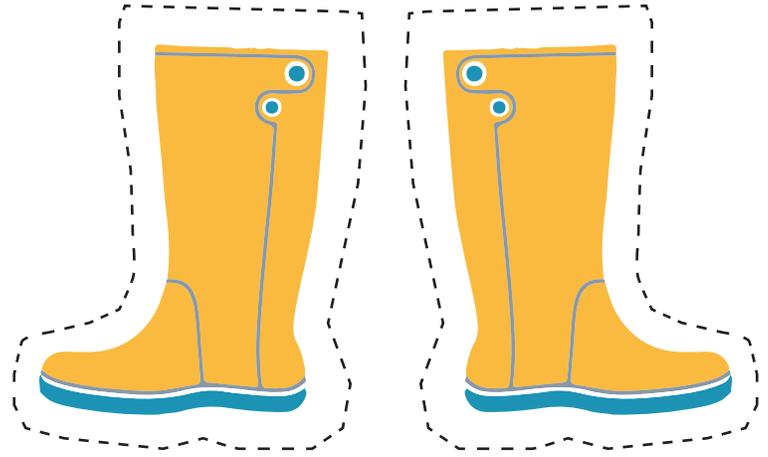


Rainy Weather

Rain jacket



Rain boots



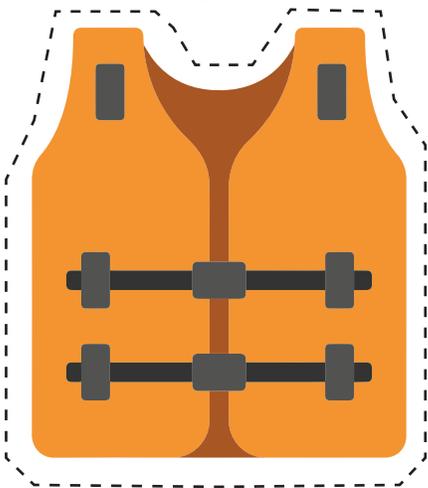
Hiking and other exploring adventures

Backpack



Water Sports

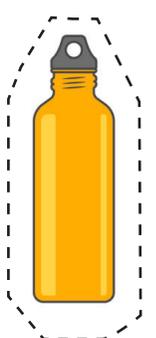
Life jacket



Waterproof bag



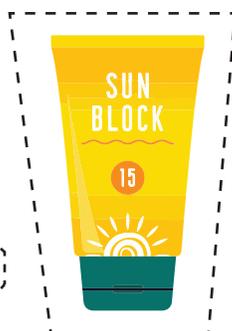
Water bottle



Snacks



Sunscreen



Water shoes

