



Winter Layering Guide

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.

Active winter clothing tips:

Dress in layers of synthetic or wool that won't trap moisture. Start with base layer top, bottoms and midweight socks, add a fleece top, shell and tights or winter sport pants that block wind. Insulated snow pants are fine for beginners, but will be too warm and bulky if you're moving at a steady pace.

When printing this guide, please be sure to print single-sided so you can take advantage of the cut-outs at the end!

Examples of layers:

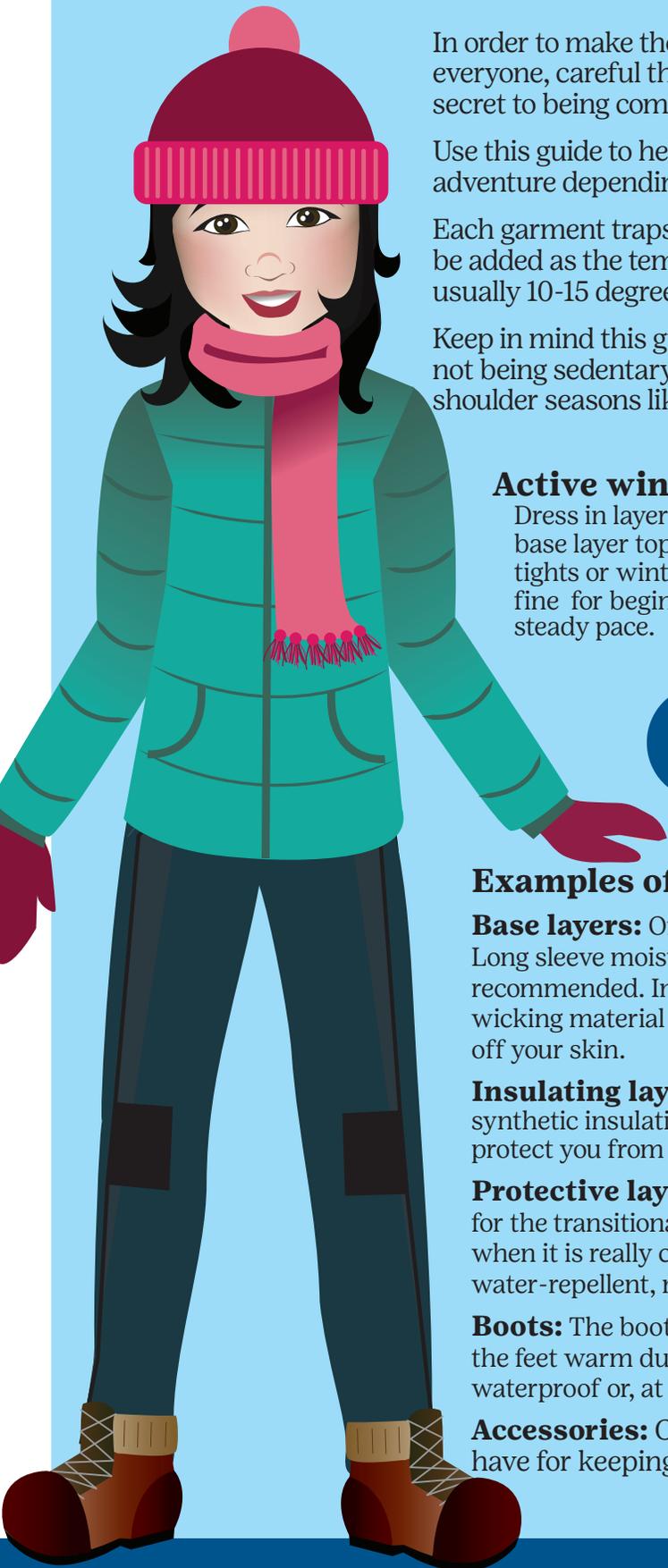
Base layers: Often made of wicking (synthetic, wool or silk) fabric. Long sleeve moisture wicking shirts and capris or full length pants are recommended. In warmer months, t-shirts and shorts made of the same wicking material would be recommended. They are intended to wick sweat off your skin.

Insulating layers: These are usually a top and bottom like fleece/down/synthetic insulation jacket/vest/pants. The intent is to retain body heat to protect you from the cold.

Protective layer: A thermal jacket works extremely well as a light jacket for the transitional periods, but is also perfect as an insulating middle layer when it is really cold. The thermal jackets are breathable, windproof, and water-repellent, making them practical and suitable for all kinds of weather.

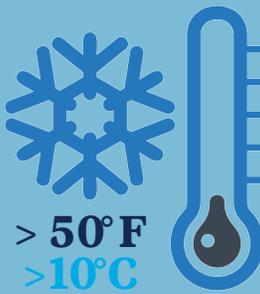
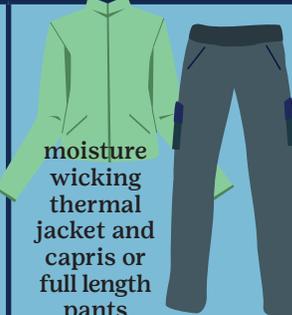
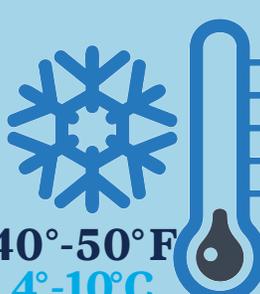
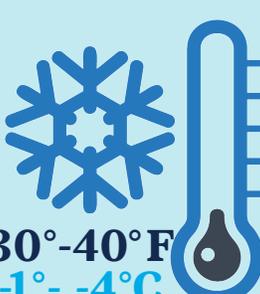
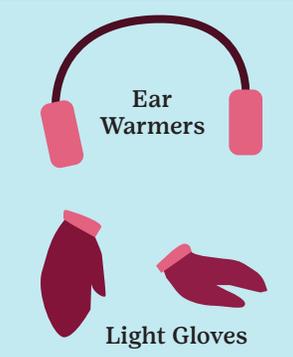
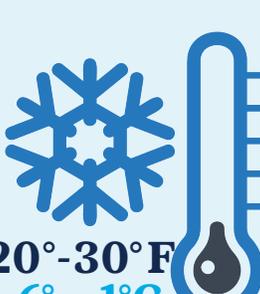
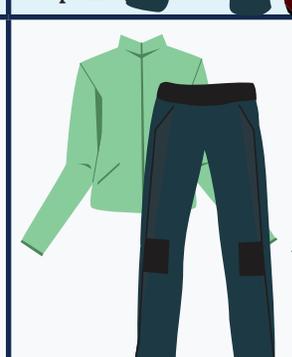
Boots: The boots should have good insulation built inside of them to keep the feet warm during cold weather. Most good winter boots will also be waterproof or, at a minimum, water-repellant.

Accessories: Common cold weather accessories are always good to have for keeping warm.



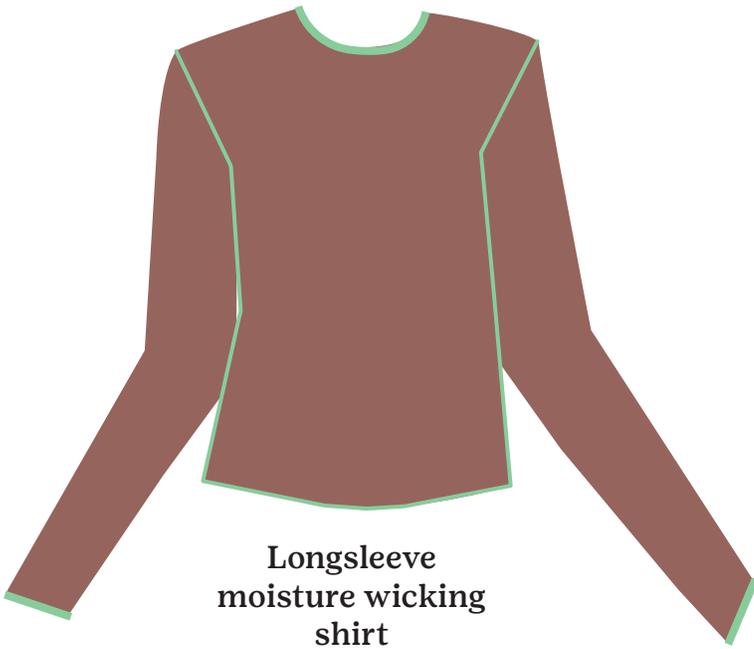
“There’s no such thing as bad weather, only inappropriate clothing” – Sir Ranulph Fiennes

Winter activity layering guide

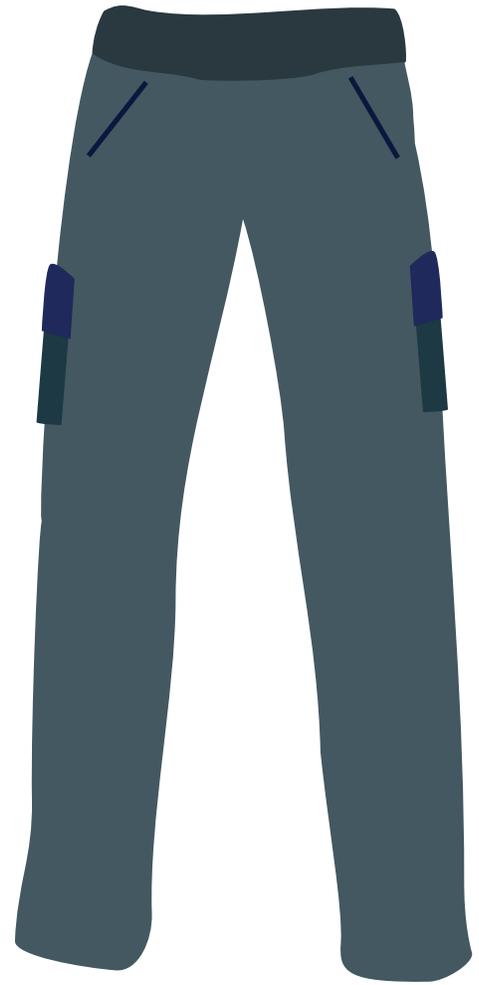
Temp	Base Layer	Insulating Layer	Protective Layer	Accessories
 <p>> 50°F > 10°C</p>	 <p>Moisture Wicking T-Shirt Shorts</p>	 <p>moisture wicking thermal jacket and capris or full length pants</p>	 <p>Athletic socks Athletic shoes</p>	None
 <p>40°-50°F 4°-10°C</p>	 <p>Long-sleeve moisture wicking shirt</p>			None
 <p>30°-40°F -1°- -4°C</p>			 <p>Thermal Socks Boots</p>	 <p>Ear Warmers Light Gloves</p>
 <p>20°-30°F -6°- -1°C</p>		 <p>Athletic pants or snow pants</p>	 <p>Thermal jacket Thermal Socks Boots</p>	 <p>Hat Heavy Gloves</p>
 <p>< 20°F < -6°C</p>				 <p>Hat Scarf Heavy Gloves</p>



Cut out “flat” Girl Scout Explorer, Acadia, to bring on your adventure! Be sure to cut out and use the right clothing layers on the next two pages so that she is dressed correctly for the right winter temperatures!



Longsleeve
moisture wicking
shirt



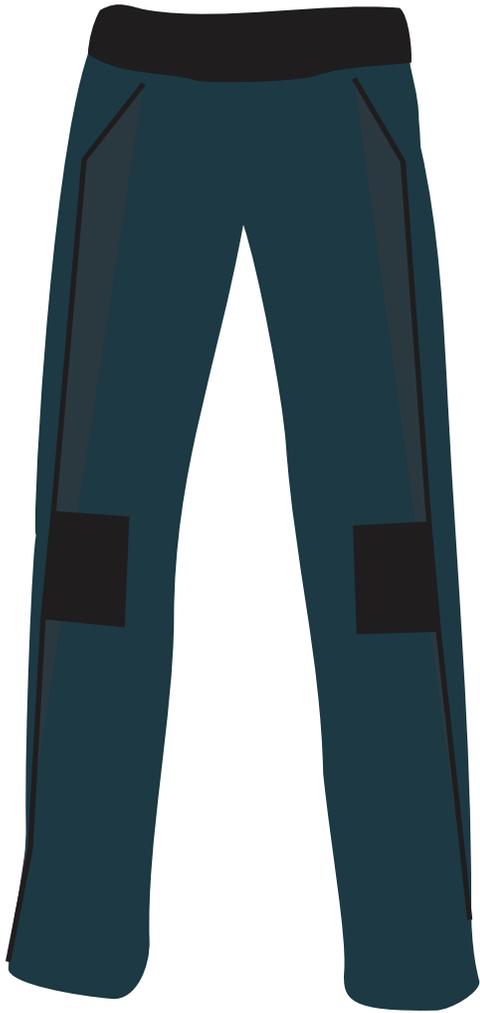
Capris or full length
pants



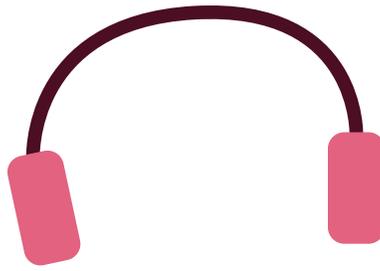
Moisture wicking
thermal jacket



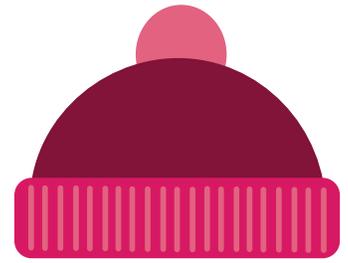
Thermal
jacket



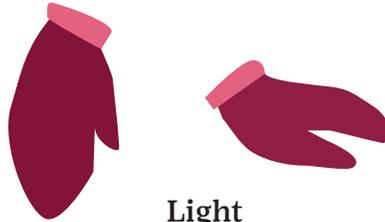
Athletic pants or snow pants



Ear warmers



Hat



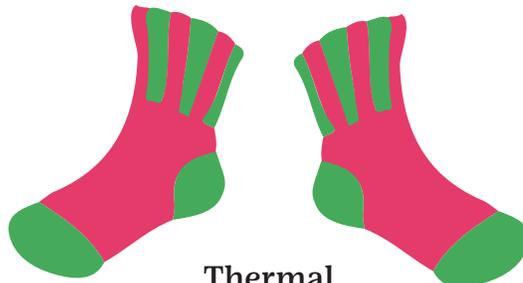
Light Gloves



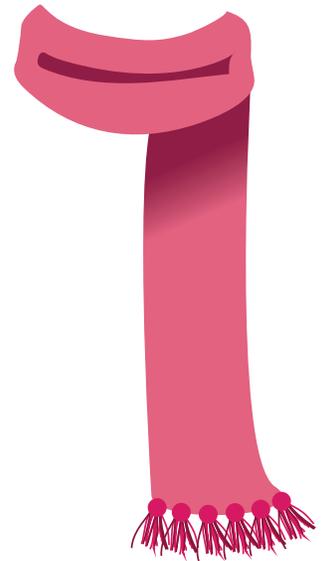
Heavy Gloves



Athletic socks



Thermal socks



Scarf



Boots



Athletic Shoes