

Dress for Winter Weather

<p>1) Base Layer</p> <p>Synthetic or Wool long underwear and socks</p>		<p>Wicks away moisture</p> <p>Holds in body heat</p>
<p>2) Insulating Layer</p> <p>Primaloft, Thinsulate, Fleece, or Wool</p>		<p>Insulates even when wet</p> <p>Holds in body heat</p>
<p>3) Waterproof Layer</p> <p>Gore Tex or Coated Nylon</p>		<p>Protects from wind and water</p> <p>Keeps dry and warm</p>