

## QUICK GUIDE TO

# DRESSING FOR OUTSIDE

### Base Layer

A base layer is the layer closest to your skin. The base layer needs to wick moisture away from the skin to keep you dry and warm, and needs to fit tight and retain some insulating properties. This could be a close fitting t-shirt, tights/leggings, vest, etc.

### Mid Layer

The purpose of the mid-layer is to capture warmth through trapped air. A mid-layer usually has some loft to it to help trap the warm air, but is also breathable so it does not retain sweat. This could be a sweatshirt, fleece, etc.

### Insulation Layer

An insulation layer keeps you warm. Ideally, this would fit well over the mid layer allowing movement. Examples could be a coat, thick fleece etc.

### Outer Shell Layer

This is a very important layer! If you have a good outer shell, it can protect you from the damp and cold. Many Insulation Layers and Outer Shell Layers are combined together. This could include waterproof coat, snow pants, rain pants, etc.

### Extremities

We lose a lot of heat from our extremities- head, hands and feet! Cover your head with a warm hat, your hands with mittens (tend to be warmer than gloves), and warm socks with waterproof shoes on your feet. Don't forget a scarf to protect your cheeks.

**YOU CAN PLAY OUTDOORS ANYTIME  
JUST MAKE SURE YOU'RE DRESSED FOR IT!**