

COLD WEATHER EXERCISE CLOTHING

Clothing should insulate and prevent heat loss! Wear **LAYERS** to trap air and insulate.

LAYER 1 – Most IMPORTANT Layer!

- next to your skin
- sweat-wicking layer
- ribbed for extra insulation

Good Choices: polyester, silk, wool, polypropylene (eg. DryFit by Nike, Cold Gear by Under Armour)

LAYER 2 – Insulation

- provides insulation and absorb some of the excess sweat
- still allows for evaporation

Good Choices: loosely-woven wool, synthetic or cotton-mix sweater

LAYER 3 – Extra Warmth

- provides extra warmth in colder weather
- helps reduce wind-chill and provides extra insulation

Good Choices: tightly-knit wool, wool/cotton-mix, or synthetic fiber sweater such as fleece or track suit top

LAYER 4 – Outer Shell

- a wind and water resistant layer
- protects against the elements
- permeable to body heat/sweat

Good Choices: water/wind resistant jacket

Other items:

- ZIPPERS and BUTTONS can be adjusted when the body temperature increases or decreases
- DARK colours can conserve heat
- LONG UNDERWEAR underneath pants can provide an extra layer of warmth on your legs for those very cold days
- SOCKS – made of wool/cotton mix or synthetic material
- MITTENS – trap more air and keep fingers together
- HAT – to prevent heat loss; should cover ears
- RUNNING SHOES – still preferable; can use ice cleats
- SCARF – wool or fleece – to cover face if breathing cold air is uncomfortable