

Cold-weather Clothing

The simple rule of winter camping is to stay dry and warm. Choose clothing layers that wick moisture, dry quickly, insulate and are waterproof and breathable. By adjusting these layers, you can regulate the amount of warmth you need. The 3 basic layers:

The **base layer** is basically your underwear—the layer next to your skin. Synthetic and merino wool fabrics work best (avoid cotton). They wick perspiration away from your skin to outer layers so it can evaporate. They dry quickly so you spend minimal time in wet clothing. When snow camping, it's common to wear 2 base layers: a lightweight or midweight layer, then a thicker heavyweight layer.

The **middle layer** is your insulating layer. It is primarily designed to help you retain body heat. For snow camping, consider expedition-weight fleece or microfleece shirts, pants and jacket and/or a goose down jacket.



The **outer layer**, or shell, is your waterproof/windproof/breathable layer. Laminates such as Gore-Tex, eVent or REI Elements offer premium protection. Less expensive alternatives use polyurethane-coated fabrics that are equally waterproof but somewhat less breathable. Look for core vents and underarm vents that expel excess heat and moisture.

Tip: If you take a break, put on a layer so you don't cool off too much. Your body will have to work harder to warm up again.

Source: <http://www.rei.com/learn/expert-advice/winter-camping.html#Cold-weatherHealthConcerns>

- **NO COTTON CLOTHING.** The cotton absorbs the sweat/water and due to the cold temps will only freeze. It will not dry.

Source: <http://www.adirondack.net/winter/camping.cfm>