

Tips on How to Dress for The Cold Weather



Base Layer

- ✓ Gets rid of sweat
- ✓ Snug fit
- ✓ Polyester or a "dry-fit" material



Middle Layer

- ✓ Insulates the body
- ✓ Loose fit
- ✓ Fleece or down material



Bottoms

- ✓ Waterproof snowpants
- ✓ Suspenders keep the snowpants secure to the body
- ✓ Drawstrings at the bottom can tighten around boots



Head Gear

- ✓ Any material – but make sure it's thick enough
- ✓ Drawstrings on the side help to keep the hat on
- ✓ Be sure your child likes it and can tolerate it



Outer Layer

- ✓ Blocks wind and water
- ✓ Allows for easy movement and room for layers
- ✓ Waterproof or water resistant



Mittens

- ✓ Insulates hands and fingers
- ✓ Waterproof
- ✓ Down or synthetic insulation



Footwear

- ✓ Warm and secure
- ✓ Drawstring at the top
- ✓ Warm wool or down socks
- ✓ Insulated with down or synthetic down material

