

# Winter Clothing



# Footwear

## Boots

- Waterproofed for more fun in the snow
- \$60 - \$200 (depending on brand)
  - Available for Rent at REI + others for cheaper
- Should be build for hiking, not just water/snow
  - For backpacking/walking around camp
- AVOID GETTING SNOW INSIDE

# Socks

- Actual Socks

- Thick

- Polypropylene/Wool

- Sock Liners

- Thin

- Nylon Wool Mix



# Footwear (Con't)

## Gaiters

- Waterproof material
- Wrapped around top of boot and middle of calve

## Plastic Bags

- Used to create waterproof bag around foot
  - Wrapped around 1<sup>st</sup> sock layer, under 2<sup>nd</sup> sock layer

# Outer layer

The outer layer of clothing is primarily it to protect from external moisture and wind chill getting to your core.

## Rain And Wind Jacket

- Outer layer
- Rain and windproof jackets (note: not COMPLETELY wind/waterproof)
- \$200 - \$600

## Snow pants

- Same function but for legs (wow imagine that)

# Inner layer

The inner layers primary function is to keep the heat generated by your core from escaping

## Jacket, Wool Or Fiber/ Sweaters

All of these items; fleeces, sweaters, light jackets serve this same purpose, extra layers between you and the cold. They can range in price from 40\$ to 160\$, however despite the fact that these articles wont be exposed to the elements it is still essential that they are not cotton.



# Underwear

Wool or polypropylene long underwear is important to keeping warm because it forms a tight layer against the skin and prevents pockets of cold air from chilling you. Long underwear comes in both top and bottom pieces for your torsos and legs. Prices range from 25\$ to 45\$

# Other Items

## \*Sunglasses / Goggles

Wearing sunglasses or goggles while in the snow will help prevent snow blindness

## \*Neck Scarf

A wool or fleece scarf is handy for keeping your neck warm

## \*Complete Change Of Clothes

Having a complete change of clothes is a good idea when snow camping because the wet is your biggest enemy in the cold, once wet changing out of your wet clothes is the only way to stay warm



# Other Items (con't)

## \*Velcro Pocket Closures

Velcro pocket closures on clothing are great in the snow because buttons and straps are unwieldy to open and shut in gloves

## \*Gloves with Liners

Winter gloves with a water proof outer shell and inner liners are one of the most essential items of snow clothing. How else are you going to make snowballs?

# Other Items (con't)

## \*Poncho

In a emergency a poncho can work as an outer layer

## \*Hat

A warm hat is another must have for winter camping, people loose the majority of the heat through their head, a good warm hat will put a stop to that

# Extra tips

- Clothing does not make you warm; it is your body processes that keep you warm. Clothing merely provides the insulation to preserve your warmth.
- Keep your torso warm so that it can send heat to the extremities.
- Avoid sweating by ventilation.
- Use your head. Keep it covered when you're cold, remove your cap as you warm up to avoid sweating.
- Wool clothing is best but needs wind protection, synthetics are next best. Down is OK as long as it stays dry, cotton is a poor choice.

# Extra Tips (con't)

- If your feet are cold, put a hat on.
- Remember the word "COLD"  
Keep your clothing **C**lean,  
Avoid **O**verheating  
Wear Clothing **L**oose  
Keep it **D**ry.
- Where to look for good serviceable clothing that's relatively inexpensive ....  
Old attics, basements, etc. Salvation Army Store,  
Goodwill Store, Garage Sales, Army/Navy Surplus  
Stores, Relatives.

Questions ?