

# LAYERING FOR WINTER

A layer-by-layer guide to staying warm and dry.

- 1 Base Layer: The layer worn next to the skin should be moisture-wicking, like 100% merino or a wool blend. Avoid cotton.



- 2 Mid Layer: Should be flexible, and leave room for warm air, such as a thick sweater and knit leggings, like Tubes.



- 3 Outer Layer: Choose a wind-, rain and snow-proof "shell" that will keep the elements out.



## MINIMIZE LAYERS - CHOOSE THE RIGHT FABRIC

Opting for less bulky layers increases comfort and mobility! Sometimes two strong but light layers is enough. For example, a pair of moisture-wicking merino long johns under a quality, weatherproof shell layer to keep the wind and wetness out.

## LAYER WINTER CLOTHES EFFECTIVELY

IT IS NOT JUST ABOUT THE FABRICS, IT IS HOW THEY ARE WORN:

- Keep layers loose. Too tight layers will squash air pockets and push out all the warm air.
- With the right fabrics, you'll rarely need more than three layers total, no matter the weather.
- Keep your layers dry to stay warm. Moisture replaces warm air and saps heat quickly.
- It's not the fabric itself, but the air trapped in your clothes, that keeps you warm.

