

MY GUIDE FOR GETTING DRESSED TO PLAY IN THE COLD

When I dress warm I can stay at play, warm and cosy and dry!



my base layers



warm insulators



waterproof outers





A LAYERING GUIDE

Kids and adults can stay happily at play by dressing right for the cold.

1 my base layers

- * Long Johns
- * Undershirt
- * Socks

Choose fabrics which stay dry and help hold body heat, like merino wool or silk. If you don't have those options, modern polyesters are a good stay dry option. Avoid cotton which holds moisture.

2 warm insulators

- * Sweater
- * Pants
- * Wool Socks
- * Scarf
- * Hat (put on after #3s)

Choose good insulators like wool or fleece. Avoid cottons. Make sure clothing fits well to avoid discomfort.

3 waterproof outers

- * Winter Jacket
- * Snow Pants
- * Balaclava / Face Mask
- * Waterproof Gloves
- * Snow Boots

Choose well fitting gear to allow freedom of movement and avoid exposed underlayers. One piece snowsuits are great!

find MyMayu ultralight kids boots (and fleece liners) along with all kinds of all weather play gear at

www.biddleandbop.com

