



TEMPERATURE RANGE	below 20* F	20 to 30* F	30 to 40* F	40 to 50* F	50* F or above
BASE LAYER - TOP <i>(purpose is to get sweat away from your body, made of synthetic or wool fibers)</i>	Thermal long sleeve top	Long sleeve top	Opt 1. Long sleeve top Opt 2. Short sleeve top	long sleeve lightweight shirt	t-shirt or tank
BASE LAYER - BOTTOM <i>(purpose is to get sweat away from your body, made of synthetic or wool fibers)</i>	thermal pants	thermal pants	pants	pants or capris	capris or shorts
PROTECTIVE/INSULATING LAYER <i>(purpose is to keep you warm and protected from wind/rain, made of synthetic or wool fibers)</i>	Jacket with wind protection (if you have a lighter weight jacket you may need to wear a warmer baselayer or two lightweight baselayers)	Jacket with wind protection (if you have a lighter weight jacket you may need to wear a warmer baselayer or two lightweight baselayers)	Opt 1. Vest Opt 2. Lightweight jacket		
ACCESSORIES	mittens/gloves, hat or ear protection, neck/face protection (Buff), wicking socks, hand warmers	mittens/gloves, hat or ear protection, neck/face protection (Buff style) if windy, wicking socks	light mittens/gloves, lightweight ear protection, wicking socks	wicking socks	wicking socks
WOMEN'S SPECIFIC	supportive bra	supportive bra	supportive bra	supportive bra	supportive bra

Please note ** These are generalizations that should be used as a starting point. Each person- should adjust based on personal body temperature and comfort level.**