

Dress In Layers For Winter

Wearing multiple thin layers allows you to better adjust to the environment you're in. For example, when you're indoors, if you feel hot, you can easily remove a layer or two and put them on before stepping out.

First Layer



Make sure you purchase some thermal clothing to use as your first layer under your outfit. The first layers will help trap body heat and help you stay warm. When choosing materials, choose materials such as silk, lycra, nylon, and polyester as they repel moisture and help preserve warmth. Cotton is not recommended as it tends to absorb sweat, which will make you feel cold.

Second Layer



The second layer of clothing can be your regular clothes or woolen wear depending on the outside temperature. In extremely cold weather, you should treat this as your insulating layer. Flannel, fleece, and wool are good insulators because they trap heat well.

Third Layer



This is really dependent on the outside temperature and will help protect you from snow, wind, and rain. During fall, you may just need a light coat while during winter, you may have to wear a heavy winter coat.



Winter Pro Tips

- Choose gloves, toques, and beanies with lining, so it protects you from cold.
- You can also buy touchscreen gloves, which allow you to use your phone without taking them off.
- You can buy hand warmers or toe warmers; they are slightly expensive but very effective in keeping you warm.
- Don't wear anything metal such as rings, bangles, watches etc. on exposed skin as it's likely to cause frostbite due to the metal being a cold conductor.



Here are some must-have Winter clothing accessories:



For Hands: gloves or mittens
For Neck: scarf or neck warmers
For Feet: Socks that are made from wool or wool blend with silk or polypropylene
For Head and Ears: hat, toque, beanie, and/or ear muffs

