

HOW TO DRESS FOR WINTER

1. **Base Layer:** Start with a long shirt and long underwear. Make sure they are not cotton.



2. **Second Layer:** Add a warm sweater or fleece.



3. **Snow Pants:** Add waterproof pants before the winter jacket to keep legs warm and dry.



4. **Outer Layer:** Put on a warm winter jacket. It should be waterproof and keep out the wind.



5. **Accessories:** A hat that covers ears, scarf, waterproof gloves or mittens, and socks - avoid cotton, prefer wool socks.



6. **Boots:** Put on insulated, waterproof boots to keep feet warm and dry.

