

Clothing Considerations

Tips on How to Dress for The Cold Weather

- Base Layer**
 - ✓ Gets rid of sweat
 - ✓ Snug fit
 - ✓ Polyester or a "dry-fit" material
- Middle Layer**
 - ✓ Insulates the body
 - ✓ Loose fit
 - ✓ Fleece or down material
- Bottoms**
 - ✓ Waterproof snowpants
 - ✓ Suspenders keep the snowpants secure to the body
 - ✓ Drawstrings at the bottom can tighten around boots
- Head Gear**
 - ✓ Any material – but make sure it's thick enough
 - ✓ Drawstrings on the side help to keep the hat on
 - ✓ Be sure your child likes it and can tolerate it
- Outer Layer**
 - ✓ Blocks wind and water
 - ✓ Allows for easy movement and room for layers
 - ✓ Waterproof or water resistant
- Mittens**
 - ✓ Insulates hands and fingers
 - ✓ Waterproof
 - ✓ Down or synthetic insulation
- Footwear**
 - ✓ Warm and secure
 - ✓ Drawstring at the top
 - ✓ Warm wool or down socks
 - ✓ Insulated with down or synthetic down material

In all sessions, participants must wear long underwear, top and bottom, under their outerwear, insulated (new) ski socks, insulated mitts that overlap sleeve cuffs, a neck warmer/head sock/or balaclava and their Jackrabbits toque.

If "feels like" temperature is warmer than -10:

Participants will wear a thin fleece layer on their upper body over their long underwear layer, under their wind resistant insulated outer shell layer.

If "feels like" temperature is colder than -10:

Toe warmers and hand warmers are required for participants (and parents who are attending the session). Participants will wear their long underwear layer under a thin fleece top on their upper body and (optional) sweats or insulated leggings over their long underwear on their lower body, under their wind resistant insulated outer shell layer. **Full facial skin protection is recommended.**

If "feels like" temperature is colder than -20:

Toe warmers and hand warmers are mandatory for comfort. Three thin layers (for the torso) and two thin layers (for the legs) under the winter shell are mandatory for comfort. This includes their long underwear layer under a long-sleeved shirt and a thin fleece top on their torso and long underwear under sweats/insulated leggings on their lower body beneath their wind resistant lined outer shell or parka layer. **Full facial skin protection is mandatory** which includes the use of **both an insulated neck warmer over balaclava layer.**



Special Note about Hands and

Nordic Skiing: When we are learning to ski (this is true for child or adult), we tend to grip our ski poles much tighter than normal thus decreasing blood circulation to our fingers and in turn increasing the probability of fingers becoming colder faster than normal. It is therefore highly

recommended that all Jackrabbits wear insulated mitts with minimal finger separation even during moderate temperature conditions. Wearing mittens promotes the natural heat buildup to warm the whole hand including fingers (or the hot pocket to warm the whole hand including fingers when its cold and utilizing hand warmers).