

# WINTER CLOTHING

## THE 3 W'S

A great way to remember the key things to bring in cold weather camping are to protect from the 3 W's. From the inside out they are Wicking, Warmth, and Wind.

Wear a layering system that includes a wicking layer, one or more insulation layers and a waterproof layer. Swap these on and off as much as needed. Put on an extra layer when stopping for a short break and take it off when you start moving again (unless you've gotten cold).

## The Shell or Wind proofing Layer

The outermost layer, the shell jacket and pants protect you from wind and wet conditions.



## Insulation or Warmth Layer

The insulation layer is worn atop the base layer and is designed to provide most of your insulation. It should be made of fleece, wool, down or synthetic insulation and can be a pullover, zip-up jacket, or vest, depending on how much insulation you need.

## Base or Wicking Layer

Also commonly known as long underwear, the base layer is worn closest to your skin. Its main job is to wick away sweat and moisture, so your skin stays dry.

Wear it relatively tight to the skin and use only wool or synthetic base layers. Never use cotton because it will not keep you warm once it's wet, whether from sweat or precipitation.

These base layers come in various weights, from heavy for frigid conditions to lightweight for warmer temps and activities that cause a lot of sweating, such as strenuous hiking and cross-country skiing.

It's a good idea to have one extra pair of base layers to change into every night at camp.

## **Base (Wicking) Layer**

- Long underwear (polypropylene, silk) – bring an extra pair to change into at night
- Socks (wool or synthetic) – bring at least two extra pairs
- Class B T-shirt or regular T-shirt (wicking material, no cotton)

## **Mid (Warmth) Layer**

- Long-sleeved shirt (wicking material, no cotton)
- Long Scout pants (no jeans, no shorts)
- Sweater or Sweatshirt (fleece or wool, no cotton)

## **Outer (Wind) Layer**

- Winter Boots
- Warm Parka or Jacket w/ Hood
- Beanie (Fleece or Wool) – bring extra to change into at night
- Water Resistant Mittens or Gloves
- Snow Pants or Shells

## **Additional Clothing**

- Rain Pancho
- Warm/Dry Sweats (to Sleep in)