

Outdoor Ventures

Exciting Outdoor Adventures for Adults

<p>Massabesic Audubon Center Audubon Way Auburn, NH 03032 603-668-2045</p>	<p>Prime Time, Catholic Medical Center 195 McGregor St. Manchester, NH 03102 603-663-6333</p>
--	---

COLD WEATHER CLOTHING LIST

The key to enjoying cold weather activities is to stay relatively comfortable without being too hot (sweating) or too cold (shivering). The way to accomplish this is through: 1) layering clothing, and 2) wearing clothing that wicks moisture.

1). Layering is the concept of dressing in several layers of non-bulky clothes rather than in one bulky item. When you begin to get hot, you can take off a layer before you sweat. If you are chilly, you can add a layer before you start shivering. Layering clothing also traps air between the layers, adding additional weight-free insulation.

2). Clothing that wicks moisture will carry sweat away from your body, keeping you warmer. Fabrics that wick moisture are polyester, silk, and wool. Cotton does not wick moisture and **SHOULD NOT** be worn during cold weather activities – even cotton that is blended with other wicking fabrics (i.e., wool/cotton blend).

BASE LAYER (wicks moisture away from your skin)

- Long underwear top and bottom
Preferably synthetic, if not...silk or wool blend
Zip turtleneck tops allow for better heat control
Consider synthetic underwear also
DO NOT WEAR COTTON

WARMTH LAYER (insulates you from the cold)

- Medium to heavy thickness top and bottom
Preferably synthetic (fleece), if not, try wool blend
High collared tops with zippers allow for better heat control
DO NOT WEAR COTTON

WIND LAYER (shields you from wind, rain, and snow)

- Wind/rain top and pants
This layer should hold in your body heat while allowing water vapor to escape.
If wind or water is allowed to penetrate to the inner layers, you begin to cool off.
Without proper ventilation, perspiration can't evaporate. Instead, it condenses on the inside of your shell, cooling you off.

EXTREMITIES

- Head
Hat that can be pulled down over your ears (not ball cap)
Balaclava can be used or kept in pack
Neckies can be used to keep neck warm

- Hands
Liner gloves can be used when exercising
Mittens that fit over liner gloves or that can be used on their own are essential
- Feet
Wear liner socks under thicker wool or synthetic socks to help wick moisture
Wear boots that are appropriate for the activity
Gaiters will keep snow out of your boots and will keep your lower legs warm

COLD WEATHER EQUIPMENT LIST

It is important to be well prepared when you take part in cold weather activities. You should always carry a comfortable day pack that is large enough to hold the following items:

- Food
Bring food for lunch, snacks, and a bit extra. Be sure to pack food containing carbohydrates (crackers, granola, candy, etc.) for quick energy and food containing protein and fat (nuts, cheese, lunch meats) for sustained energy and warmth.
You might want to pre-cut cheese and meat (in the warmth of your home) before leaving for the day. It makes it easier to access and eat when your hands are cold.
Make sure your snacks are easily accessible in your pack – you should be nibbling on them all day!
- Water
You need to drink at least two quarts of water per day of activity in the winter.
You may not feel thirsty in the colder weather, which means you need to consciously drink throughout the day.
Having a thermos bottle with hot drinks is a good way to hydrate in the winter.
- Extra Clothing
An extra hat and extra set of gloves and socks are a true blessing if your original set becomes soaked.
An extra fleece layer will keep you warm if you become chilled.
- Small First Aid Kit
Carry a small kit that contains items you might need on the trip (i.e., personal and pain medications, Band-Aids, moleskin for blisters, etc.)
- Sun Protection
Sun glasses reduce your eyes' exposure to UV light.
Use sunscreen with an SPF of 15 or higher and apply 15 minutes before you go into the sun.
Don't forget to bring sunscreen-fortified lip balm.
If you sweat a lot, use water-resistant sunscreen and reapply every 2 to 3 hours.
- Whistle
Attach a lanyard to your whistle then tie it to your shoulder strap on your pack for easy access.