

## Dress in Layers

One of the best ways you can protect yourself against the cold is to dress in layers. Dressing in layers is important because it helps you to adjust to changes in temperature. If you're dressed too warmly, you may start to sweat. If you're sweating, it means you're getting wet, which means that you'll start to feel cold. If you're dressed in layers, you can take off layers if you're feeling too warm, or add them if you're feeling too cold.

When dressing in layers, these articles of clothing will come in handy:

- Longjohns – even leggings can be helpful for this layer
- Turtlenecks/sweaters – fleece is the very best!
- scarves
- gloves/mittens will keep hands the warmest
- hats
- Snowpants – if you do not have any, fleece pants (another non-cotton layer) and rain pants would work!
- Warm/waterproof jacket -

When it comes to dressing in layers, it is especially important to wear a hat. You lose more heat through your head than any other part of your body. Why is it that your hands and feet are usually the first of your body parts to get cold? It's because keeping your head and brain & core warm is your body's top priority. Your body has to make sure that your head is warm before it will heat any other part of your body. If you wear a hat, you are helping your body conserve heat, which means that your body can focus on making sure that other parts of your body stay warm.

