



How to Dress for Winter Weather

There is a Japanese proverb, which says, "Even Mount Fuji is without beauty to one who is hungry and cold." Sometimes it's hard to find all of the right gear, so if you have any questions about how to dress to stay warm, call PP&R Outdoor Recreation, 503-823-5132.

TOP TWO RULES

1. **Cotton is COLD and WET!** When it gets wet, it soaks up water and does not easily dry out, which makes things like cotton shirts and jeans a very cold option. Try synthetic fabrics or wool: these will stay warm even when wet and they dry out fast (sometimes athletic clothing can work really well).
2. **Layer it on!** Several thinner pieces of clothing worn together is ALWAYS better than one big puffy jacket. Layers trap heat between them to keep you warmer. Also when you are working hard and start to get warm, you can take off only one layer instead of the whole shebang! If you feel you are generally colder than average, feel free to add a layer. Three layers for the lower body and four layers for the upper body are the minimum.

Lower Body

1. **Start Out Right**
Light or medium-weight long underwear – synthetic or wool (no cotton!)
2. **Stay Warm Layer**
Wool pants, expedition-weight synthetic long underwear, or fleece pant
3. **Stay Dry Layer**
Rain pants – waterproof or Gore Tex

Upper Body

1. **Start Out Right**
Light or medium-weight long underwear – synthetic or wool (no cotton!)
2. **Stay Warm Layers**
Medium or expedition-weight long underwear, wool shirt or light sweater, AND a pile or fleece jacket
3. **Stay Dry Layer**
Rain jacket – waterproof or Gore Tex

Socks

Layering still applies, but if your socks are too thin, you may get blisters - and if your socks are too tight, no blood can get in there and your feet will be cold!

Gloves

Ski gloves work well. Please be aware that wind can make inadequate gloves quite uncomfortable. Need we mention layering?

Hats

Hats should cover the ears easily. Scarves for the neck and ear bands can make an OK hat warmer. One word: layering!

Remember: you won't look cool if you are shivering, wet, and miserable!