

DRESSING FOR COLD WEATHER

WINTER PARKA

Insulated winter coat/parka/snowsuit with a hood

WARM HAT/TOQUE

One to cover forehead and ears

NECK WARMER

To cover neck/face

SWEATER/FLEECE UNDERNEATH

Wear layers - long sleeved shirt, sweater, fleece and a vest



WARM MITTENS

Mittens provide more warmth than gloves



WINTER BOOTS

Insulated and waterproof, have good traction on icy sidewalks

SKI PANTS

1-2 layers underneath (long underwear under pants)



WARM SOCKS

Thicker socks for winter months

