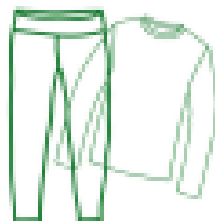


# How to dress to keep warm

Layering for cold weather allows pockets of air between clothing to help trap heat and keep warm.



## Base Layer

can be synthetic, natural fabric or a blend of both (not cotton)



## Mid layer

The insulating layer! A fleece or wool sweater and/or overalls.



## Outer Layer

Warm coat & lined waterproof trousers or snowsuit



## Footwear

Thermal Socks & Waterproof snowboots or lined welly's/welly socks & welly's.



## Accessories

Waterproof gloves (with fingers are best so they have full use of hands for playing) & hat (add a balaklava in very cold weather)