

This layer is next to your skin. It is important to wear something that will "wick" any moisture away from your skin's surface. ***A synthetic material such as "polyester" works best but wool, silk and thermal underwear can provide adequate protection.*** Different material blends such as polypro/wool or polyester/wool blends provide an excellent compromise and sometimes are preferred.

Second Layer

This is your insulation layer. Any materials that will provide warmth will work in this layer. ***Synthetic materials such as polar fleece are ideal*** but not essential. Quite often sweaters of all kinds are used along with any warm loose fitting pants. ***Blue jeans or any cotton material are not recommended or acceptable for this activity. Wool is fine.***

Third Layer

This layer is your protective outer layer and the key element to block out the ***wind and wetness of the snow***. A loose fitting overcoat should provide the necessary protection. A ski jacket and pants can also be a good choice, but remember the water proof factor. If this layer is not waterproof there are safe products on the market to add protection, such as Scotch Guard sprays and Dubbins.

Extremities

Your hands and feet are the first appendages that will become cold. Protecting ***your feet will require***