Clothing Recommendations

What to Wear
Layering clothing will help you attain the correct balance of temperatures when outdoors. You will be able to add or remove layers as needed to stay comfortable. Weather changes, time of day, and diet can all be factors in a change of body temperature.
How does layering work? Air is trapped between layers of clothing and provides insulation.

COOL, WINDY OR WET WEATHER– KEEPING WARM & DRY

First layer, **Wicking Layer**: This layer is worn next to the skin. It should be made of a material that "wicks" or draws moisture and perspiration away from the skin. Because this layer is designed to keep your skin dry, it provides an essential beginning to keep you warm. The wicking layer should be a top, pants, and socks. These should be made of wool, silk, Capilene™ or other synthetic material (NO COTTON). Underwear and bra can be worn under this layer.

Second layer, **Insulation Layer**: This layer is designed to retain the heat your body produces. The heat is captured between the wicking layer and several insulating garments. The insulation layer should be top(s), pants, and socks. As your body warms, you can shed insulating garments, and put more on if you feel cold. Several thin insulators are more efficient than one thick or oversized garment. Insulating materials can be made of wool, polyester, fleece, or down. These materials will allow moisture from perspiration to continue to move away from your skin.

Last layer, **Waterproof Layer:** This layer is to be worn on the outside to protect from rain, wind and blustery weather. It is also the last insulating layer because it helps hold in warmth. Remember that not all windproof materials are waterproof.

FAQ about what to wear for outdoor programming.
Can I wear cotton or blended materials? Blended materials such as cotton/polyester and wool/nylon are not as effective as purely synthetic materials. If cotton gets wet, it stays wet and cold and must be taken off. Clothing made of cotton or blends are OK, as long as there are other warm things to change into if they get wet. The point of having non-cotton items is mainly to keep moisture away from your skin. Dress wisely and change according to the way you feel. *Never go to sleep in damp clothing.*

How do I know when my body is warm enough to shed a layer or vice versa? The ideal body temperature is almost sweating (but not actually sweating). If your body heats up, then sweat is produced to cool it down. Too much cool moisture can get trapped and chill you, so take off a layer before you start to sweat. On the other hand, if you have shed some layers and your body has cooled down, be aware of when you may need to put some layers back on. Nightfall, stopping for a break, and elevation change will affect your body warmth. Try to put the layers on BEFORE you notice a chill.

Where can I buy these clothing layers? Many of these can be expensive. You can find less expensive garments in Army/Navy retail stores and sporting goods stores (check the camping and hunting sections). All outdoor gear stores such as Gander Mountain, Sports Authority, REI, Columbia, Cabelas, and North Face stores will have many choices. Less expensive online retailers include Campmor, Sierra Trading Post, and Backcountry.com. FPCC only lists these stores as option we do not endorse or recommend any specific store nor brand of gear.

WARM WEATHER/WATER (>60°F)

- Swimwear or shorts or convertible pants
- Rashguard top or moisture-wicking T-shirt or long-sleeve shirt
- Neoprene footwear
- Sun-shielding hat
- Cap retainer leash (optional)
- Bandana or buff
- Paddling gloves (optional)
- Fleece jacket or vest (weather dependent)
- Spray jacket or rain jacket and pants (weather dependent)

WHAT'S IN MY CLOSET: LAYERS AND APPROPRIATE MATERIALS FOR OUTDOOR PROGRAMMING

1) Wicking layer: These often come in light, medium and heavy weights – get a good weight for your intended use (consider seasons and activities).

Fabrics/Materials	Garments
Silk	Top and Bottom Long Underwear
Polypropylene	Turtlenecks
Bergelene™	Sock Liners
Capilene™	Glove Liners (winter)
Wool blend	
Thermax™	

2) Insulation layer: There are many different weights of fabrics for these insulation layers.

Fabrics/Materials	Garments
Wool	Sweaters
Polypropylene	Pullovers
Bergelene™	Jackets
Capilene™	Pants
Pile	Vests
Fleece	Shirts
Synchilla™	Hats, Neck Warmers, Socks, Mittens, Gloves

3) Waterproof: Non-breathable fabrics are often cheaper but seal in the heat and sweat. Breathable fabrics allow some of the moisture and heat to escape, so clothes and skin stay drier.

Fabrics/Materials	Garments
Gore-Tex™	Rain Jackets
Coated Nylon	Rain Pants
PCV (Rubber)	Ponchos (heavier)
Laminate	Hiking Boots (some are, some not)

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