

Dressing for the cold - Some suggestions of what to wear and still be able to move:

1) Head- Wear a non-cotton hat or Balaclava that covers your ears and Face. Fleece is very warm; Nylon or Polyester is good as well. Make sure the hat is thick and long enough to cover your ears as 90% of heat is lost through your head. Heat Rises....Also Vaseline is great for those areas of skin that are still left exposed.

2) Hands - Gloves that are fleece or double layer will suffice. If your hands get really cold wear a thin glove covered by a fleece one. Hands and feet get cold first because this is the last place the body pumps blood when it is starting to freeze.

3) Feet - In really cold it is important to keep moving as your feet are constricted and will freeze up. Best advice is not to wear cotton and get into some double layer (Wright sock/ new balance). Get a poly blend sock. They are easy to spot as cottons are always cheap and polys are always \$10-25. It is worth it and besides blisters will be forgotten.

4) Core - Upper Body: Home of the organs so keep it protected.

Use the three layer method:

Base Layer: For really cold days get a Polysynthetic shirt next to your body to pull away moisture .Look on the tag and it should have 0% cotton and 87-100% Polyester/Polypropylene e.g. Underarmour, most Nike/Adidas/NB/etc. Active Wear Shirts). This layer pulls moisture away.

Mid Layer- Insulation. A micro fleece, 100% Poly sweatshirt, nylon blend, etc. Again turf the cotton. This layer keeps the heat on the body.

Outer Layer- Shell - Nylon, Weaved Polyester, thin Carbon. E.g.

Thin Carbon Jacket / Helly Hansen windbreaker/ Mountain Gear Co-op. This layer protects you from the outside elements.

5) Lower Body - If you ever freeze it you will wish you didn't!! Go for a poly blend sub layer or a pair of running/cycling wind briefs and you will be laughing when everyone else is falling over in pain.

6) Eyes- Sun glasses are a must on bright days or clear lenses for windy/dark days. Ryder sells a great selection of interchangeable at a good price. If you really have a hard time with glare try a polarized lens but they will cost you 4-5 x as much.

7) Gear to leave home- Knee pads, helmet, and neck protector. Bring the shin guards just in case.

I know it is a lot to remember but the main trick is this.....

If it is cotton don't bother, when cotton gets wet it chafes, loses heat, and stays wet. Cotton is a vegetable matter and reacts like one when it gets wet or cold- it dies.

If it is polysynthetic it will retain more heat and pull moisture away from the body. Poly is a man made substance and is made up of several fibres.

Finally fleece and wool actually gets warmer when it gets wet but is slower to pull away moisture (animal matter).

You can get great deals on all these products at Marks' Work Warehouse, on the web, from Mountain Gear Co-op, at Winners, at Marden's in the states or even at Wal-Mart.

Any questions feel free to call me 506-455-8049 or email at derrick.macleod@rogers.com