



Outer Layers (weather)- shield you from the elements providing water resistance and protection from the wind like wind breakers and rain and soft shell jackets.

Middle Layers (warmth)- provide insulation and should also be made out of synthetic or wool materials like fleece, light synthetic jackets, or wool sweaters.

Base Layers (wicking)- are closest to your skin and should be made of quick drying synthetic or wool materials.

Layering (3W's) is crucial to regulating body temperature when dressing for outdoor adventures. Layers can be shed or added to accommodate current conditions/exertion level and most importantly protect from wetness through sweating or precipitation. Choosing layers that will insulate even when wet is equally important in fighting against hypothermia. Avoid cotton!