

Staying warm in the cold

Layered clothing is always in fashion when it comes to winter sports.

Not only is it comfortable and attractive, but it's great to keep you warm in the cold, according to Sandy Graham, a winter camper, kayak enthusiast and skier.

Graham's advice for winter sports advocates is to intelligently layer clothing with the right mix of fabrics and insulation. He endorses a graduated layering system, regardless of the sport. Close to the skin, underwear, socks, gloves and face mask should be thin and porous to hold heat close and keep perspiration away from the skin.

The middle layers, possibly overalls and an insulated jacket, should be medium density fabric that conserves heat and allows air circulation.

The outer layers should form a barrier to contain internal heat and prevent penetration of outside conditions, like water, wind and cold air. This includes lightweight shell jackets and pants.

For camping or hunting, Graham noted, you would layer differently than for skiing. Skiing is very fluid and consistent, he points out. You layer down rather than up. The layers should be thin because you're in constant motion.



photo by RANDY BORST

Camping out in the wilderness requires a sturdy backpack like this one from Marmot Mountain Works. Backpacks come in various shapes, sizes and colors. Make sure to pick one that not only looks good, but that is comfortable and utilitarian.



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