

ENJOY OUTDOOR RECREATION

- use the right clothing!

For several hours of outdoor recreation you will need more applicable clothing than you would need just in a short school trip or break. A shadowy forest is a remarkably colder place than a sunny school yard. When moving around you won't feel the cold, but when standing still you might get cold easily.



When getting dressed for outdoor recreation, it is better to use many layers of clothing than just one or two very thick layers. Wearing skintight clothes as the undermost layer of clothes moves the moisture away from the skin. Furthermore, the middle layer keeps you warm (wool and fleece) and the topmost layer protects you from the wind. If necessary, you can add clothes in the middle layer according to the weather conditions. Remember a waterproof jacket and rubber boots if it rains!

In chilly weather you should pack a thick sweater, warm mittens and a pair of spare socks in your backpack so you can wear them if necessary. If you put on clothes that are too warm, you might get sweaty when you move around, and when you later stand still and you're sweaty you might get cold more easily if you don't have spare clothes with you.

Make sure that your woolen socks fit into your boots and that they are still comfortable to wear. Keep your feet dry and change socks and dry your boots whenever possible. Wear gloves and a scarf according to the current weather.



A whole lot of heat escapes from your head. That is why you should wear a hat already on chilly spring and autumn days instead of a cap or headscarf. A thin tuque is not enough in the wintertime – use a furry cap, or balaclava and a thick beanie.

Keep in mind that on a windy day it feels colder than the thermometer really shows!

Enjoy outdoor recreation!

SPRING and AUTUMN

Wear 2-3 layers of clothes

Underneath:

- A T-shirt, a polo shirt or an underwear shirt
- Long underpants or leggings

Topmost:

- A long sleeve hoodie
- Woolen socks

Outwear:

- A windproof jacket with lining, waterproof if it rains
- Windproof pants with lining, waterproof if it rains
- Sneakers or hiking boots, rubber boots if it rains
- A thin beanie
- Gloves
- A scarf



WINTER

Wear 3-5 layers of clothes

Underneath:

- A tee, a polo shirt or an underwear shirt
- Long underpants or leggings

In the middle:

- A thick set of underwear if minus degrees
- Woolen socks

Outwear:

- Winter parka, the colder it is the warmer jacket you'll need
- Winter pants
- Winter shoes
- A furry cap, or a balaclava and a thick beanie that protects your cheeks and ears
- Winter gloves and mittens
- Woolen scarf

Backpack:

- A spare pair of gloves
- Woolen socks
- A sweater

