

How to Dress for the Out-of-Doors

Warm Weather

Cold Weather

hat with brim

hat or toque to cover ears

T-shirt

turtleneck or scarf

winter jacket

long-sleeved shirt (if buggy)
(light jacket for cool days)

sweater

long sleeved shirt

T-shirt

shorts
(long pants if cool,
buggy or wet)

mitts

comfortable pants

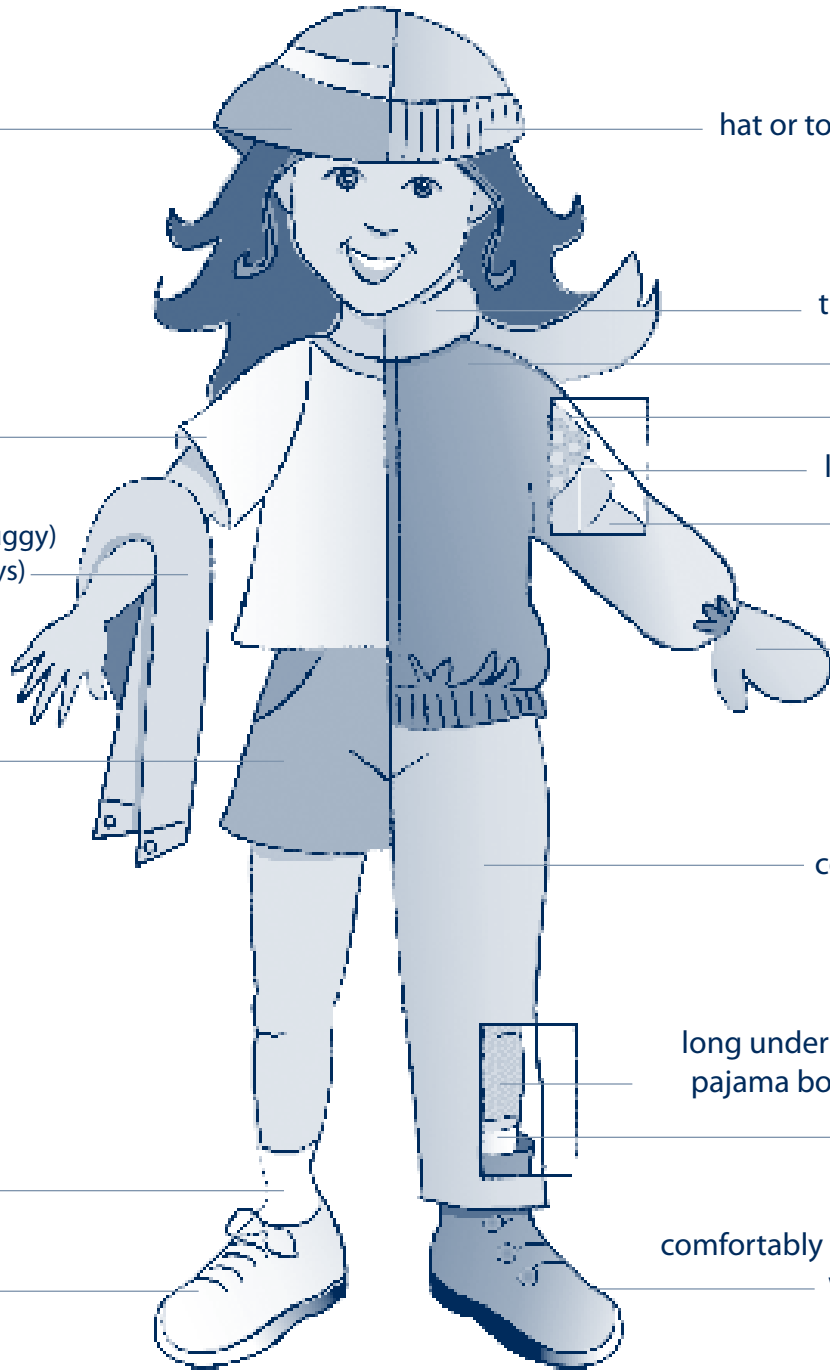
socks

long underwear, track pants,
pajama bottoms or leotards

socks

running shoes
or rubber boots (if wet)

comfortably fitting, preferably
waterproof boots



For Discussion:

- Why are many loose layers better than one bulky garment?
- Why are mitts warmer than gloves?
- Why do you need a hat in each season?