

Proper layers key to staying warm outdoors

By Joe Jackson, Outside

When layering for snowy adventures, think about quality as well as quantity. Start with the three-layer principle: up top, you'll want a form-fitting baselayer, a warm-breathable midlayer, and waterproof outerwear.

The logic is simple. If you're active, sweat is the enemy. Soak yourself and you're going to get cold no matter how puffy your down jacket is. Layering gives you the flexibility to react to changing temperatures and exertion levels (chairlift versus a mogul run). The three-layer system wicks sweat, provides insulation, and keeps out the elements more effectively than a single layer or too many layers.

Note: If you already have a layering system that works, stick with it.

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