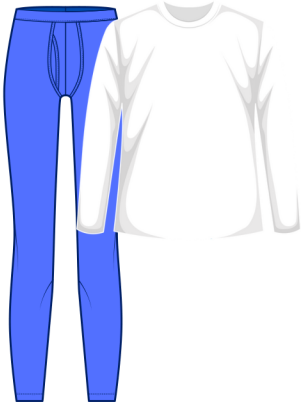


What to wear in winter?

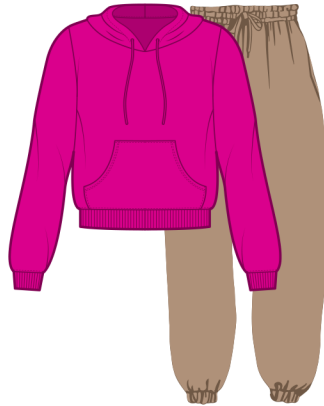
Layers

Base layer



- Under all your clothes
- Thermal underwear or "long johns"
- Lightweight and thin
- You can easily wear them under a dress or jeans

Mid-layer



- Sweater and thick pants
- Can move around freely
- Fleece is an excellent material for this layer
- This layer can also be your indoor clothes

Outer layer



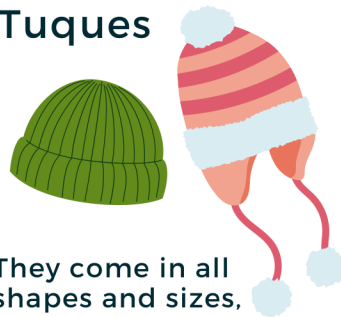
- Parka
- Snow pants
- Look for items that are wind-proof and water-resistant
- Make sure they're a little extra big so you can fit more layers underneath

Boots



Warm, waterproof, non-slip boots are crucial for Canadian winter. They don't have to be pretty, they have to be warm!

Tuques



They come in all shapes and sizes, but your best option is a thick one that covers your ears.

And more!



Scarves! Mittens! Gloves! Thick socks! The more of your skin you can cover from the wind and cold, the warmer you will be!

*Mittens tend to be warmer than gloves but they do make it hard to text!

Tuque (sounds like took): a tight, knitted hat

Parka: a large, warm windproof jacket with a hood

Snow pants: insulated, waterproof pants

