

DRESSING UP FOR COLD WEATHER

Thick sweater

With a hood to keep your head warm



TIP:

Adding layers will help keep you warm as the temperature drops

Winter Accessories

HAT

For your head and ears

SCARF

For your neck and face

GLOVES

Insulated – water-proof would be ideal

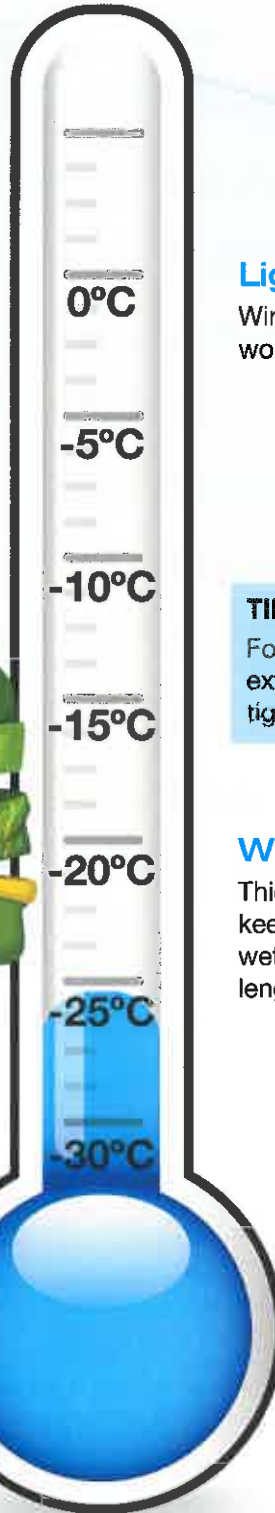


TIP:

During extreme cold, keep all skin covered and spend as little time as possible outside

Winter boots

Water-proof footwear will keep your feet dry, with good grip for when walking on snowy or icy paths



Light jacket

Wind-resistant would be ideal



TIP:

For extra warmth, wear extra undergarments (like tights and thicker socks)

Winter jacket

Thick outerwear to keep out wind and wet snow – longer length would be ideal

